

# HAPPENINGS

ISSUE NO. 405

JANUARY 2024

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

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

The morning of the 34th annual Port St. John Christmas Parade started cool and overcast, a better scenario than the weather predicted for the afternoon with a storm bearing down on us. Brevard Public Schools put a bulletin out to all their schools telling them for the sake of safety, no schools or school groups were allowed to participate in parades or outdoor events for the weekend. 20% of our entries were canceled. But... It didn't stop the groups attending from putting on a great show with over a mile of classic cars, motorcycles, dazzling floats, golf carts and ATVs, mudders and monsters. We had a lot of new entries this year and Fay Blvd. was lined with a large crowd to enjoy it all in spite of weather forecasts.

We are not a county-funded parade, so please remember these businesses and people who give back to make our community a wonderful place to live. As always, a VERY BIG THANK YOU goes out to our wonderful sponsors who make the parade possible: Parrish Healthcare, HAPPENINGS, Higginbotham Companies, Dominos, Orion Connectivity Services, Freedom Air



& Plumbing, Englemann State Farm Insurance, KSK Junk Removal, Maureen Rupe, Allstate Insurance, All Air and Heat, Inc., Shipping Depot, Amvets Post 2415, Hidden Acres Rescue for Thoroughbreds, Freedom Optical, Friends of the Port St. John Library, The Lawn Ranger, Launch Credit Union, El Leoncito Mexican Restaurant, Chuckerbee Construction, Kelsey's and ChiChi's Cosmic CrunChis.

As always, thank you to the residents of Fay

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

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

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

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

### Christmas Parade Winners:

#### Best Overall - PSJ Golf Carts

- 1st Place Creativity - Brevard County Sheriff
- 2nd Place Creativity - National Assn. of Women In Construction
- 1st Place Spirit - Brevard County Sheriff
- 2nd Place Spirit - KSK Junk Removal
- 1st Place Theme - Port Java
- 2nd Place Theme - KSK Junk Removal
- 1st Place Marching Musical - 208 Mudders
- 1st Place Non-Musical - Space Coast Panthers

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# PSJ Community Center Schedule - January, 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

**Closed January 1st For New Year's Day**

**Closed January 15th For Martin Luther King Jr.'s Birthday Holiday**

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.

## Tuesdays

Seniors At Lunch, 10 a.m.-1 p.m.

Outside Basketball, 10 a.m. - 7 p.m.

Game Room/Computers, 10 a.m. - 7 p.m.

Billiards, 10 a.m. - 7 p.m.

Community Cares Aftercare, 2:30 - 6 p.m.

Dancing Little Stars-Ballet/Tap Combo 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/Computers, 10 a.m. - 7 p.m.

Billiards, 10 a.m. - 7 p.m.

Community Cares Aftercare, 2:30 - 6 p.m.

10th, 17th, 24th and 31st - Yoga For Children, 3:30 - 4:15 p.m.

10th and 24th - 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/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.

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.

**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](http://www.floridakelskitchen.com).

**About Dancing Little Stars** - Professional Ballet, Tap and Hip-Hop classes for boys and girls, ages 2-7. Classes focus on rhythm, concentration, memory and balance... while having fun! Our

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](http://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](http://www.psjyoga.com) for further information.

~Diane Coben~

**About "Yoga For Children"** with Sue, Wednesdays 3:30 - 4:15 p.m. This 45 minute class is for children 6 - 12 years old. The children will improve their strength, balance, attention and coordination through music, fun yoga games, challenging yoga sequences, as well as partner and group poses. They will also learn mindfulness activities, useful breathing exercises and relaxation/visualization techniques. Bring a yoga mat and water bottle. Price is \$7 per class. For further information, email: [yogisue2023@yahoo.com](mailto:yogisue2023@yahoo.com)"

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## Alcoholics Anonymous

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### Sunset Group Meeting

(C) Sunday 5:00 Living Sober book  
(C) Tuesday 6:30 AA Topic Mtg  
(O) Thursday 6:30 Beginners Topic Mtg  
AA meets on **Sundays** at 5 p.m, Tuesdays  
Thursdays at 6:30 p.m. **Women's AA** meets  
on Mondays, Thursdays and Fridays, 10 a.m.

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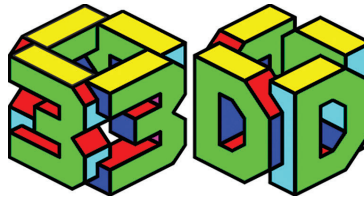
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## American Space Museum & Space Walk of Fame

ASM Build-A-Brain Presents



### 3D Printing

Jan. 4, 9, 10, 11, 12, 13, 18, 19, 20, 23, 24, 27

How does 3D printing work? Let's find out... This month, students will 3D print with their own hands, learn how a printer works, learn about Slicer Software and then get to design objects on a computer to learn how 3D design software works. It will be a great class, even if the kids do NOT get to print their designs. (Sorry, only one printer on site, so with 500+ students, it would take a year to print them all.)

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. It will be lots of fun, as well as educational and it's FREE, but donations are accepted. 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 additional information, please call 321-264-0434 or write [info@americanspacemuseum.org](mailto:info@americanspacemuseum.org).

## JPMF Now Accepting Scholarship Applications

Jess Parrish Medical Foundation is now accepting scholarship applications from high school seniors who plan to pursue a career in a medical or healthcare field. Scholarship award recipients will be announced in May, 2024. Scholarships will be awarded to graduating high school seniors who reside in the Parrish Medical Center service area. Undergraduate students pursuing a degree in the human health/medical field are also eligible to apply. Students must have a 3.0 grade point average or greater, based on a 4.0 scale. Students who have been awarded a JPMF scholarship in previous years may reapply provided they are continuing in a medical/healthcare field and have maintained at least a 3.0 grade point average. Graduate students are not eligible.

High school students who attend Astronaut HS, Space Coast Jr./Sr. HS and Titusville HS may obtain an application from the Guidance Office at their school. Others may obtain an application by calling the JPMF at 321-269-4066 or by visiting [www.parrishmedfoundation.com/scholarships](http://www.parrishmedfoundation.com/scholarships). The deadline for submitting applications is Friday, March 8, 2024.

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# Good Day!

~ by Maureen Rupe

Happy New Year Everyone!

## Propane Storage Facility

On 512 Cross Road in Cocoa the Brevard County Commission has approved to put in a 60,000 Propane Storage Facility less than 200 feet from residential (Missile View Trailer Park to the east and Vanguard Estates homes on the south side of Cross Road). Cross Road is in Brevard County and located just across from Floor Trader of Cocoa at 3680 US 1. According to the petition site referenced below, the land is zoned Light Industrial. Section 62-2262, Fire and explosion hazards states, "In the IU-1 district only, the storage.....of flammable liquids or material which produce flammable or explosive vapors is permitted." Section 62-1543 light industrial IU states its, "uses...take place within an enclosed building." By its inherent operations, 60,000 gallons or even 30,000 gallons of bulk propane storage is outdoors and by definition not compliant with the light industrial property at 512 Cross Rd. even if it were not next to residential. Section 62-1102 providing Industry definitions states plainly, "Heavy industry means....324 Petroleum and coal products." Propane's chemical name is Liquefied Petroleum Gas. I have no idea why they would allow so much explosive material so close to residential.

This reminds me of our fight with the Liquid Natural Gas facility that was going just north of the OUC power plant. At the time, we found a requirement about a 2-mile limit from residential, but for the life of me, I can't find it now. This propane storage facility should be in the same classification, and I have no idea why a propane facility would be allowed. At the petition website shown below, all Brevard County residents should sign as this is a bad precedent for our county. Please sign as we might need their help in the future.

Reference: <https://www.thepetitionsite.com/558/181/267/terminate-ideal-gas-bulk-propane-project-cocoa-fl/>

## Senate Bill 102, Affordable Housing

Governor DeSantis signed this simple sounding bill that tears up any local control over zoning, density and height requirements for affordable housing in areas zoned for commercial or mixed-use development. It also strips local municipalities' ability to enact rent control, which used to be only possible during a housing emergency.

Counties and cities are required to allow mul-

tifamily or mixed-use residential projects that set aside at least 40 percent of the residential for affordable housing for at least 30 years to bypass any zoning and density requirements. If the project allocates at least 65 percent of the square footage to residential, the county or city cannot restrict the height below what's currently allowed within one mile of that development project.

Senate Bill 102 also increases the amount of tax credits available through the Community Contribution Tax Credit Program for affordable housing to \$25 million annually, from \$14.5 million and provides up to a \$5,000 sales tax refund for building materials used to construct affordable housing units that were funded by Florida Housing and Finance Corporation (FHFC).

This Bill also provides \$259 million for the state's SAIL (State Apartment Incentive Loan) program, which provides low interest loans to workforce housing projects, \$252 million for the SHIP (State Housing Initiatives Program), to incentivize local governments to partner with developers preserving or building new housing and \$100 million in non-recurring funds for FHFC to put into a competitive loan program that developers could tap to cover inflation-related cost increases. It also gives \$100 million for the Florida Hometown Heroes Housing Program, which allows some buyers to finance home purchases with no-interest loans to reduce their down payment and closing costs. Those buyers include people in law enforcement, military, first responders and teachers.

There's a load of other property tax exemptions, exceptions or discounts depending on whether the property is owned or leased by a non-profit, or 75% or 100% of property tax assessments if the project provides housing to natural persons or families whose annual household income is greater than 80% or a maximum of 80% annual household income of Area Median Income (AMI). I'm even told it waives property impact fees, but I can't find any references yet to that aspect, although this Bill has some huge implications.

Apparently, there was a large lack of affordable housing throughout the state, especially in south Florida, but in doing so, it takes away a lot of local control and makes our current residents make it up in taxes what their counties or states would have generated with these new developments.

Reference: [https://www.nelsonmullins.com/idea\\_exchange/alerts/additional\\_nelson\\_mullins\\_](https://www.nelsonmullins.com/idea_exchange/alerts/additional_nelson_mullins_)

[alerts/all/florida-live-local-act-provides-incentives-to-build-affordable-and-workforce-housing](https://www.nelsonmullins.com/idea_exchange/alerts/all/florida-live-local-act-provides-incentives-to-build-affordable-and-workforce-housing)

## Titusville Right to Clean Water Update

Titusville was told by Judge George Paulk on November 16th that the City had to implement Right to Clean Water into its Charter within 30 days or take it to the Florida Supreme Court. On December 12, the city met to discuss the issue. Titusville City Attorney (Richard Broome) gave a history of the issue, then recommended Titusville take it forward to a higher court. The attorney fighting it from Grey Robinson (Mr. Collins), also recommended Titusville keep fighting the issue and said they will win, although he's been saying that since they started fighting Speak Up Titusville initially. The Group Speak Up Titusville had a number of people attending and speaking including a 10-year-old girl who can understand the ballot language. Why couldn't Titusville City Council? Council Member Herman Cole made a motion to take it to a higher court, Council Members Sarah Stoeckel and Jo Lynn Nelson voted Yes on the motion; Mayor Dan Diesel and Vice Mayor Joe Robinson voted No. Mayor Diesel stated it went before two judges and Titusville had lost, and that was enough for him. Joe Robinson stated the people might not like what they will get, but he agreed to stop fighting the people.

The attorneys and the Council Members voting yes seem to think this charter amendment language was the same as the one in Orange County. The hired attorney stated there were hearings coming up in the near future on the Orange County amendment that should tell them whether to keep fighting on their charter amendment. The amendments are different. The Orange County amendment gave the river rights, where this Titusville Amendment gave Titusville residents the right to sue if they felt the rivers were being polluted.

I sent a letter that was read at the meeting by a good friend. The letter stated "Honorable City Council, Titusville was told by Judge George Paulk on November 16th that the city had to implement the Right to Clean Water into its Charter within 30 days or take it to the Florida Supreme Court. The Group Speak Up Titusville is asking everyone to go to the December 12 meeting and ask the City to put it in the Charter. This fight is unwarranted and with the city losing fights for first, the ballot language, and two, different judges stating the amendment was valid and should be implemented, this City Council is foolish to spend so much of the city funds to now

be taking this to the Florida Supreme Court. These are taxpayer funds. The Florida Supreme Court, in its Florida Wildlife Federation v. State decision in 1980 stated that by enacting the cause of action in Florida's Environmental Protect Act (Fla. Stat. Sect. 403.412(2)(a)), "the citizens of Florida have been given the capacity to protect their rights to a clean environment - a right not previously afforded them directly." Given that decision, it is unlikely that the city will win.

Thank you,  
Maureen Rupe."

Although Speak Up Titusville lost the vote, I feel it is still a win as we have convinced two of the council to stop fighting. I feel this is not just a Titusville issue, but everyone should be concerned as pollution doesn't stop at the Titusville border, but can affect us all. They have spent over \$100,000 so far of taxpayer monies and the hired attorney said it could cost another \$30,000 to keep fighting the issue. Speak Up Titusville has spent over \$24,000 to fight Titusville's lawsuit and they have had to raise funds from the community.

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

### **United Nations on Forever Chemicals Pollution**

The United Nations Human Rights Council declared the "forever chemical pollution" (PFAS, or per- and polyfluoroalkyl substances) issue in North Carolina linked to a Fayetteville Works plant operated by Chemours, a chemical giant that was spun off from DuPont in 2015 as an, "alleged human rights violations and abuses against residents." Since PFAS seems to be in a huge number of water supplies throughout the United States, I'm unsure how long it will take to eventually fix this issue at the rate and amount of our current contamination. The Environmental Working Group latest data shows 3,186 locations in 50 states, the District of Columbia and two territories are known to be contaminated.

Reference: <https://grist.org/accountability/un-declares-pfas-pollution-in-north-carolina-a-human-rights-violation/>

### **Split Oak Issue**

The Split Oak Forest area is 1,689 acres of conservation land that was acquired by Orange and Osceola counties to protect wildlife habitats and endangered species. It is managed by FWC and conservation easements were granted to FWC as part of the agreement. The Forest, as other conservation easements, is supposed to be a voluntary, legal agreement between a landowner and a land trust that permanently limits uses of the land in order to protect its conservation values. Supposedly, these conservation easements should offer great flexibility, yet provide a permanent guarantee that the land will not be developed. It is supposed to be protect in "perpetuity!"

Unfortunately, in 2019, commissioners in Orange County approved a plan to build a toll road through part of Split Oak Forest. The Central Florida Expressway Authority's project would impact 160 acres of the nearly 1,700-acre conservation area. Developers agreed to donate more than 1,500 acres of land for conservation if the project moves forward. Those 1,500 acres are not nearly as pristine as the 160 acres they want to cut out of the Split Oak Forest. Last week, Orange County commissioners pulled their support after 86% of the voters in the county approved a referendum opposing the toll road construction.

Now Florida's Fish and Wildlife Conservation Commission (FWC) voted authorizing the agency's executive director to negotiate with the Central Florida Expressway Authority (CFX) on potentially removing existing conservation

easements for Split Oak Forest. Split Oak's environmental protections now hang in limbo. FWC Commissioner Gary Nicklaus wants to review how good the land is that CFX wants to trade for going through the forest, and also wants FWC to explore the potential "net conservation benefit" CFX is proposing for the state. CFX is offering FWC roughly \$13 million to restore and manage the 1,550 acres of donated land it would receive as part of a proposed mitigation package to release conservation easements protecting Split Oak Forest. So, where this is going? No one knows. Everyone should be very concerned where the definition of conservation easements to permanently limit uses of the land in order to protect its conservation values are thrown in the trash. It seems Florida wants conservation easements to be a holding pin for development until they find a need to development that land.

Reference: <https://www.wmfe.org/environment/2023-12-06/state-agency-keeps-split-oak-road-discussions-moving-forward>

### **Space Coast Birding & Wildlife Festival**

The birding festival is back, but there's a little difference. This year, from January 24th to January 28th, the Space Coast Birding & Wildlife Festival is at the Convention Center and the Pavilion at the Radisson Resort at the Port, Cape Canaveral. They plan to have more than 90 exhibits concerning birding, wildlife, and nature. Field trips and presentations are scheduled so there is time to get back to the hotel and visit the Expo Center on each day.

Reference: <https://scbwa.net/>

Cheerio,  
Maureen Rupe  
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Dr. Patel serves as the Medical Director for Parrish Medical Group and is the Director of the Hospitalist group at Parrish Medical Center,

## Kevat Patel, MD, Earns Certification

Kevat Patel, MD, of Parrish Healthcare received his certification in Health Care Quality & Management (HCQM) from the American Board of Quality Assurance and Utilization Review Physi-

where he also serves as Chair, of the Department of Medicine.

cians (ABQAURP).

Dr. Patel is an active member of the Society of Hospital Medicine, American Medical Association, American College of Physicians and a contributing member of the Harvard Alumni in Healthcare. Having conducted extensive research in his area of expertise with publication in many academic journals, Dr. Patel is passionate about the fields of Primary Care medicine, Hospitalist medicine, Behavioral Health and Epidemiology.

## National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. Our meeting place is Kay's BBQ Restaurant, 1552 W King St, Cocoa.

The January meeting will be on the 8th. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

The website address is [www.NARFE.org/Chapter1137](http://www.NARFE.org/Chapter1137).



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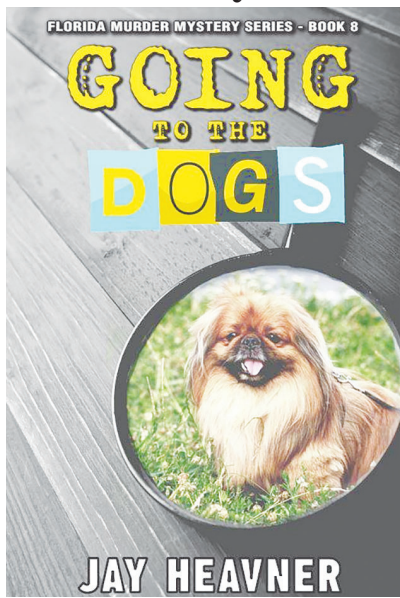
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## Jay Heavner Presented the Don Argo Award.



Going to the Dogs, seventh in his local book series, was awarded the Don Argo Award for Best Florida book by the Space Coast Writers Guild. Jay Heavner, a PSJ resident and Brevard County resident since the early 1980s, has written two series; the Florida Murder Mystery Novel series with eight books and the four book Braddock's Gold novel series. The latter takes place in his native West Virginia.

Edie Melson, award-winning author and Director of The Blue Ridge Mountains Christian Writers Conference, said this about the local writer: Jay Heavner, winner of the Don Argo Award, writes intriguing books full of colorful characters that should put them on the top of your must-read list. I look forward to his next book, and hope he sticks around for a long time.

All of his books are available for purchase on Amazon in ebook and paperback. Mr. Heavner can be contacted for speaking events, interviews and comments at [jay@jayheavner.com](mailto:jay@jayheavner.com). His website is [www.jayheavner.com](http://www.jayheavner.com).

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## Rose's Room

~ Rose Padrick



The time had come.

A whole day and a half with nothing on the calendar, wonderful Florida summer weather and my once beautiful Butterfly Garden sadly neglected. There would be no Home Improvement channel marathon for this old gal today... Well, maybe not for a couple of hours anyway.

I've been planning to pull a few weeds and spread a little mulch. I just didn't realize the jungle of Belize had moved in while I was doing the planning.

As usual, almost everything I had so carefully planted was no more, and everything I've been trying to keep out had flourished. Sometimes I can almost understand why the five smart alecks I brought into this world refer to my gardens as 'The Killing Fields.'

Hair pulled back, gloves pulled on, armed with hand rake and knee pad, the weeds, old mulch and dirt went flying.

I worked non-stop. My glasses became so covered in sweat that I had to look over and under them to see. When my back begged me to stop, I threw the knee pad aside and adopted the 'Old Lady Bend.'

Stopping to empty weeds and junk from the smaller container into the larger container, I turned to survey the acreage I had cleared.

Maybe acreage is too big a word for a foot and a half by twelve feet...

Shaky legs dragging my sweaty body into the house for a drink, I checked the clock. I had been toiling for a total of thirty minutes, not counting the ten minutes it took to program the TV to record "Cabinet Remodeling for Beginners."

With the help of copious amounts of ice water and a strategically placed chair, I finished pulling weeds by dinner time.

Mulching was easy, although buying mulch on sale at different stores does make for surprises. Matching mulch colors to planter colors also makes you second think all those home improvement shows.

It was a very wise man who penned, "Hard work is it's own reward."

It is a wiser (and sorer) lady who penned, "From now on, reward grandchildren for DOING your hard work."

And with all this new-found free time, I think I'll join the Red Hat Ladies club. Those old broads seem to be everywhere recently.

Lord knows I fit the criteria...age. Therein lay the Ben-Gay. I KNOW I'm old...but I don't want to know I'm OLD!

Being born in the cusp between the 'All Good Women Grow Up To Be Nurses' generation and the 'If It Feels Good, Do It' generation, I have been proud to be part of changes such as Women's Lib and have never had time to worry about what people think.

It was our generation that put matches to undergarments and we got things done! I can't help but think that if we had a good cause, we could do it again. It doesn't take much imagination to picture a platoon of wrinkled Grammys...body parts in question, having gone south many moons ago... marching on Washington.

We could have the world in our pockets. Of course, we would probably forget what we did with it and end up running it through the spin cycle. But we would overcome again!

Our generation has challenged and changed every facet of life as it was known in the day our mothers met us at the door with warm cookies. I dare say most changes were brought about by young wives and mothers.

You would think with all that changing and challenging going on we would have come up with a way to change calories from chocolate into mini wrinkle erasures or at least challenge fat cells from multiplying like bunnies on our thighs. The ad campaign would begin with "Eat Hershey, it's the right thing to do."

So now after all that underwear igniting and overcoming, those self-same ladies are stowing their A.A.R.P. cards and rocking chairs and having pajama parties in red hats. They are walking poster children for "Age is just a number."

My double digit numbers have been starting with 7's for a while now. I admit I am no longer a spring (or summer) chick and I usually embrace fun where I find it, be that on my knees in the sand with a two year old or in a red hat with a seventy two year old.

I encourage everyone reading this to do the same. Life is way to short to be hung up on numbers.

I'm still working on the fat-cell-chocolate-wrinkle thing.

---

### Post 359 - American Legion Riders presents Bike Days at the Tiki Saturday



January 6, 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.

**1-3 Ladies Auxiliary** General Membership Meeting - 1st Wednesday of the month, 6 p.m.

**1-8 Sons of the Legion**, 6 p.m. on the 2nd Monday of the month at the Post.

**1-17 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](http://alr359.org), for more information. 7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632.

**1-21 American Legion Riders** General Membership Meeting- 3rd Sunday of the month at 10:30 a.m. Director Wayne Fowler, Director, 321-307-1450.

**Robert Wheeler**  
Handyman - Flooring  
321-335-8152



# Food For Thought

## Goals, Goals, Goals

Motley Crue said it best, "Goals, Goals, Goals." It's the beginning of a new year and a great time to set a new goal for yourself. Maybe you've attempted to set lofty goals in the past but fell short. This can leave anyone feeling defeated, but with this new season of life approaching we often embrace a unique sense of encouragement to achieve something great.

Believe it or not, there is a science to goal setting and achievement. Not having the proper tools for success can certainly be the reason why nearly half of all people quit their goal before the end of January. Does this resonate with you? Whether you are revisiting an old goal or striving for something new, we are going to explore science-based strategies to help keep you on track.

**Prioritize what matters.** It's best to focus on just one to two goals throughout the entire year. It's easy to get carried away with goal setting. When you set too many goals, you're often left without meeting any of them. Think of it like going to the grocery store for one thing, then when you're bombarded with options, you leave without getting what you went for. Start by writing down all of the things you want to accomplish, then begin to cross off what is least important right now. In the end, you should be left with one to two goals. Ask yourself, is this worth my time and effort? Spoiler alert, your answer should be a resounding yes. Don't be afraid to set your sights high, because nothing is impossible.

Envision failure... no, seriously. We are typically led to believe that it's helpful to paint a pretty picture in our head, imagining how good it would feel to achieve our goal. Ever picture yourself with a six pack of abs? Turns out, that is not so helpful after all. While this may work during the early stages of goal achievement, researchers actually suggest that those who think about what it would look and feel like to fail double their success rate.

Try writing, thinking or talking about how disappointed you would feel if you failed to reach your goal. Include the negative health outcomes that may arise. Envisioning failure is effective because we are much better at avoiding things we fear. Make sense?

Check in with yourself on a regular basis. Plan weekly meetings to assess whether you've

made progress. You'll quickly find that not every week is going to be a huge success, but don't let that discourage you. Use this frustration to help re-motivate you. Remind yourself how you're going to achieve your goal by writing it down every day for a week. Use these personal check-ins as a way to keep yourself accountable. Tell a couple of close friends and family members about your plans, too. This support system also helps to create accountability.

Ok, now you are all ready to set and achieve your New Years goal. Prioritize what is most important for you to achieve this year. Once you have that narrowed down and have an achievement date in mind, picture how it would feel to fail at meeting your goal. Use this as motivation. Between your initial goal setting and your goal achievement date, plan weekly meetings to assess the progress you are making toward your goal. Don't let one bad day or week ruin it all for you. Get back on that horse, cowboy! Adopt a mindset that nothing is out of reach and find the drive within you to achieve something awesome.

Amanda Mahaleris, MS, RDN, LDN  
Lighthearted Nutrition



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

Classical Christianity Engaging the World

We are now in a new year and many of us are setting resolutions for 2024. I would challenge you that when you are setting your resolutions to get healthy and spend more time with family, that you also spend more time with God. As a society we know that when you spend time in prayer and focusing on your spiritual life as well as your personal and family life you are happier and healthier. At St. Patrick's Anglican Church we offer many ways for you to get spiritually and personally healthy and help our community here in Port St. John.

On the last Saturday of the month, we offer breakfast for all veterans, spouses of veterans, and emergency responders at 9:00 a.m. (January 27th). We are always looking for help to cook and serve breakfast as well as donations for this growing ministry. In addition to our monthly breakfast to veterans, we are currently taking a limited number

of meals to those veterans who require additional assistance and these are provided by the American Legion.

We are also privileged to host two local AA groups: Sunset Group (coed group) which meets on Sundays at 5:30 p.m., Tuesdays and Thursdays at 6:30 p.m., and the We Care Group (women only) which meets on Mondays, Thursdays, and Friday's at 10:00 a.m.

In January we will have our monthly Crafty Ladies get together on the 3rd Monday of the month (January 15th) from 6-8 p.m. Bring a craft or learn a craft (snacks and drinks provided). Come join us for great fun and fellowship.

The 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 Bible Study from 6:30 to 8:00 p.m. with a light soup supper. We will update in February the subject of the study in both the Happenings and on the website.

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.

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 Services are – Monday through Friday – 9:00 a.m. (available through Facebook Live only - <https://www.facebook.com/StPatspsj>) and Friday 6:00 p.m. (In Person and Facebook Live).

Please see our website for service information, ([www.stpatrickspsj.org](http://www.stpatrickspsj.org)), or call our church office at 321-802-1311.

## Alcoholics Anonymous

Port St. John

**Saint Patrick's Church**

4797 Curtis Blvd. - 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

St. Patrick's Church is located at 4797 Curtis Blvd., PSJ

# SJR

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## Monthly Tax Update

I want to take a moment and express my gratitude for your interest in reading my articles. I hope the information provided has been something of interest to you over these years. With that, it is time to say good-bye to 2023 and start looking forward to 2024.

As the New Year has arrived, everyone should take a few minutes to make sure that they have all of their paperwork in order for the upcoming income tax filing season. This is the time to gather together the pertinent information needed to prepare your tax return. Make sure your employer has your correct address, especially if you have moved during the year. You may have changed it with your current employer, but failed to inform your former employer(s).

Have you had a change in your life, such as marriage, or birth of a child or a child starting college? Maybe you have had to step in and take care of a loved one with medical issues and needed full time care. January is the perfect month to sit down and review the previous year changes and get yourself prepared to have your income tax return prepared.

Of course, everyone starts anticipating when they will get their W2's and when they expect to receive their refund. Most employers have the W2's available the last week of the month. Officially, they have until January 31st to have them prepared and mailed out. It just seems natural to take the next couple of weeks and make sure you will have all the documents required to have your return prepared.

Okay, now let's pick it up a little bit and discuss credits. There are two types of credits beneficial to the everyday taxpayer; refundable and nonrefundable. The nonrefundable will reduce the amount of tax owed on taxable income. The most widely used ones are the Child and Dependent Care, Education, Retirement and Child Tax credits. Whereas, the refundable credits may provide additional tax refund and the most popular ones are the Earned Income, the American Opportunity Education and the Child Tax credit. Now, let's briefly look at each one.

The Child and Dependent Care Credit provides a credit for the care of your younger children who are under 14 years old or handicap and your dependent. The Education credit involves the American Opportunity Education Credit or the Lifetime Learning Credit and these provide a tax credit for you, your spouse or dependent to attend an ac-

credited college course or approved trade school curriculum. The Retirement Savings Contribution Credit provides for a credit when you contribute to any type of retirement arrangement. The Child Tax Credit provides for a reduction of taxes or additional refund if you have dependent children younger than 17 years of age. And, finally, the Earned Income Tax Credit provides additional refund if your earned income and/or adjusted gross income falls within credit parameters.

On another note, I want to take a moment and remind everyone the discharging of a weapon in a residential neighborhood is unlawful unless it involves a stand your ground circumstance only.

In closing, this is my last monthly tax update I will be writing. Pedro Baldeon, EA is taking over the reins of our tax preparation and representation, accounting, payroll activities, along with writing the monthly tax update. I really appreciate knowing how many of you have read my articles over all these years. Thank you!!! We wish everyone a prosperous and healthy 2024!!!

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

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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)

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Clay Stevens  
Gateway Community Church

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## On the Road With Rose



### Space Coast Field of Dreams Park

3053 Fell Rd., West Melbourne  
321-200-0725

<https://www.spacecoastfieldofdreams.org>

As I sit pecking on this black box, my mind and my heart are with all those souls still fighting for their lives in Ukraine and now all the horribleness in and around the Holy Land. We finally seemed to be making some progress against COVID and now have to face these terrible sins against humanity. Please know we pray for all and will be doing whatever we can to help.

Space Coast Field of Dreams is a wonderful playground nestled inside Max K. Rodes Park, built specifically for kids with special needs to be able to play side by side with kids of all kinds. The story goes that Jim Tapp saw such a park on a visit back home and knew Brevard would benefit from such a place and pushed for it a very long time. Everyone who enjoys this result of his hard work will appreciate his ten-year journey to fruition.

This is not your run of the mill swing and monkey bars. My sibling co-pilot and I watched two beautiful little girls not take turns on the zip line swings. The little squabble was about one particular swing, even though there were several for sitting on and several for sitting in, a scenario I remember very well. I was going to warn the little girl the older sister always wins, but I think she figured it out... AND my older sister was with me.

The front portion of a boat hides a Jungle Gym, easily accessible to most children. Around the corner is a four-person teeter-totter with seats to keep little bottoms from sliding out. There's an almost full-size fire engine with all kinds of cool things to turn, twist and pound on, the front of a tank attached to various play things, mushrooms and a leather bridge to walk on and more. The splash pad was closed until further notice the day we were there, but it was large with an abundance

of tall and short water features. Hopefully it will be open soon.

We spent some time watching two intrepid souls challenge the skate park. It wasn't until we were on our way home that one of us remembered today was a school day and why weren't they in school?

We wandered around the adaptive use baseball field, soccer field, basketball court and the huge chess and checker board on a concrete pad surrounded by benches for kibitzers. It looked like so much fun it made me wish I had learned to play chess. My checker game is very not mentionable.

An amphitheater faces part of the large grassy area with plenty of room for just running, somersaulting or kite flying. I wasn't able to find any information on what shows will be upcoming, but I intend to keep an eye on the website.

There are five large pavilions with BBQ grills and two bathrooms, a pond with a wooden overlook and another on the west side where we watched someone pull out a good-sized fish. All of the pavilions are available to rent for parties.

Other parks I have visited offer food trucks or sandwiches in a gift shop, but Promise in Brevard runs a bakery and ice cream shop right in the park. Called Aves Place, it serves gourmet bakery items, hot dogs and ice cream. Proceeds go to Promise in Brevard's programs. Had I done better research, my taste buds would not have been all set for chocolate chip soft serve and would not have been disappointed as we walked up to the closed sign.

Drive time is less than an hour and much worth it. There's no entrance fee and there's so much to do for every member of the family you'll want to plan to spend the whole day. There is ample parking. Pets other than service dogs are not allowed.

We do need to remember we live in Florida and be sure to wear and pack insect spray, sun screen and lots of water.

Please respect Mother Nature and the park keepers by taking only pictures and leaving only footprints.

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## Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, January 11th, 2024 at 4:00 p.m.

The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The

public is invited to attend. The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center-North.

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

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## Space Coast Panthers Youth Football and Cheerleading

We welcomed 2023 by opening registration on February 1 and our rosters flooded faster than ever before. We were forced to do something we have never done in 29 years - we turned football athletes away due to being at max capacity on every level. We can most likely attribute this to our success over the past couple of seasons with our name being tied to the title of SUPER BOWL CHAMPIONS.

We started pre-season workouts with both football and cheer athletes much earlier, too. We have plenty of athletes who don't participate in spring sports who were ready to get active on the field and they were even hungrier to bring home even more trophies at the end of our season.

Well, the days of the Space Coast Panthers being known as mostly a "cheer league" are now matched with the knowledge that we are also a "football league." We have 5 age divisions x 10 games per season, with a BYE sprinkled here and there. Our overall season standings were 47 games played with 45 victories. We took all 5 teams into round 3 of the playoffs and moved to playoffs with 4 of them. On Super Bowl Sunday, 4 Panthers teams played and 4 Panthers teams came home CHAMPIONS! We cannot begin to explain the excitement our entire Panthers Nation was feeling on Sunday, November 19. The games were live streamed on Facebook and YouTube by Brevard Sports Network (BSN) with the best commentary.

Space Coast Panthers Inc.

Field Address: 662 Canaveral Groves Blvd, Cocoa 32926

Mailing Address: PO Box 472, Sharpes, 32959-0472

POC: Tia Mahan, President 321-759-2615 or [info@spacecoastpanthers.org](mailto:info@spacecoastpanthers.org)

Website: <https://spacecoastpanthers.org/>

Facebook: <https://www.facebook.com/Space-CoastPanthers>

Insta: [sc.panthers](https://www.instagram.com/sc.panthers)

# Parrish Healthcare Community Support Groups - January

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, January 8, 15, 22, 29, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- For additional information and to register, visit [parrishhealthcare.com/Moms](http://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, January 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](http://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, January 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](http://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, January 8, 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](http://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, January 11, 25, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit [www.parrishhealthcare.com/CaregiverSupport](http://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, January 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](http://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, January 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](http://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, January 17, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Shannon Luker, RN, BSN, OCN, CBCN
- For additional information, please contact Shannon Luker at 321-268-6111, ext. 3544.
- To register, please visit [www.parrishhealthcare.com/CancerSupport](http://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, January 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](http://parrishhealthcare.com/quitsmoking).

For more information about available classes, support groups and events, visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events).

## **Martin Andersen Senior Center Dances**

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, January 13th and Saturday, January 20th. 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.





**BEAUTIFUL - The Carole King Musical**  
- Rated PG-13

**January 12 – February 18, 2024**

After 6 remarkable years on Broadway, the Tony® and Grammy®- winning triumph will continue to make the earth move at the Titusville Playhouse!

From the string of pop classics Carole King wrote for the biggest acts in music, to her own life-changing, chart-busting success with Tapestry, BEAUTIFUL takes you back to where it all began—and takes you on the ride of a lifetime. Featuring over two dozen pop classics, including “You’ve Got a Friend,” “One Fine Day,” “Up on the Roof,” “You’ve Lost That Lovin’ Feeling,” “Will You Love Me Tomorrow,” and “Natural Woman,” this crowd-pleasing international phenomenon is filled with the songs you remember—and the story you’ll never forget.

Tickets are \$33 to \$48, available online at <https://titusvilleplayhouse.com/>.



**At the Shuler Stage:**  
**THE MARVELOUS WONDRETTES**  
- Rated PG

**January 26 – February 4, 2024**

This smash Off-Broadway hit takes you to the 1958 Springfield High School prom, where we

meet Betty Jean, Cindy Lou, Missy, and Suzy: four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves, the girls serenade us with classic ‘50s hits including “Lollipop,” “Dream Lover,” “Stupid Cupid,” and “Lipstick on Your Collar.” In Act II, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the girls have experienced in the past decade and are charmed to find that no matter what life throws their way, they will conquer it together. Featuring over 30 classic ‘50s and ‘60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane!

**Shuler Stage**

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.

Doors open 30 minutes before showtime. Seating begins 30 minutes before showtime. NO Late Seating at the discretion of the House Manager.

\$20 VIP Seating\* (No Discounts)

\$15 General Admission\* (No Discounts)



Visit [Yuzumi.us](https://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**



## NextGen/Young Adult Services



NextGen/Young Adult Services is a NO COST program of CareerSource Brevard for eligible young adults ages 16-24 seeking to gain work experience, enter the job market, and plan for or launch a career.

Are you ready to enter the job market? Do you know what kind of job you want? Do you have the skills and knowledge to obtain that job? Are you in need of help or support preparing a resume? Are you ready for an interview? Don't know where to

start and need a little guidance from someone who knows the workforce landscape? NextGen might be right for you if any of the following applies:

- You are 16-24 years old with a high school diploma or equivalent and NOT attending school.
- You are a college or Job Corps student under the age of 25 nearing completion of a certificate or degree program, or you are a recent graduate of a college or Job Corps program.
- You are under the age of 25 and attending an adult education program and nearing completion of a high school diploma or GED.
- You are at least 16 years old and a high school student who has been referred by a school to work transition, alternative education, or community/faith-based program. Referral required.

NextGen can teach you how to market your skills to potential employers and help you identify job opportunities you may qualify for now, provide opportunities to engage in work-based training, work experience, On-The-Job Training (OJT), or a paid internship to gain experience, learn new skills and earn money, provide resources to help you identify potential career options you're interested in pursuing and guidance on "next steps," provide job readiness training for resume writing, interview skills and more.

They can also provide you with honest, objective feedback about your level of employment readiness to help you compete for and keep a job and they can provide one year of follow-along



### Mobile Reiki Service - 1 hour special

Buy 1 session (\$50 per hour), Get a 2nd session for 1/2 price

**Airmid Healing Company**

**321-271-0662**

[www.airmidhealingcompany.com](http://www.airmidhealingcompany.com)



support after your employment goal is reached.

Visit <https://careersourcebrevard.com/special-programs/for-young-adults/> for more information.

Join us for this non-profit fundraising event!



**47<sup>th</sup> 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.

Sponsored by:  
Central Brevard Rock & Gem Club  
[www.centralbrevardgems.com](http://www.centralbrevardgems.com)

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TURNING 65?  
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MEDICARE ADVANTAGE  
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"Providing Peace of Mind"

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Cocoa, FL 32926  
(321) 632-5726



**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.**

### 1-1 Happy New Year!

**1-2 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.

**1-3 Port St. John Zoning Board** meets at PSJ Public Library, 6 pm.

**1-3 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.

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

### 1-6 Epiphany

#### 1-6 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 at 321-307-1450 or visit their website, alr359.org.

### 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

for more information.

### 1-7 Orthodox Christmas

**1-11 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.

**1-11 North Brevard Parks and Recreation** meets at 4 p.m. at 518 South Palm Ave., Titusville. For questions, call Jeff Davis at the North Area Parks Office, 321-264-5105.

**1-12 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.

**1-13 Amvets Riders meeting**, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

**1-14 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 angelgardnerwrites@gmail.com for info.

**1-14 Multiple Sclerosis Self-Help Group** meets on the 2nd Sunday each month (except Mother's Day & November), 2 p.m., Cocoa Library.

### 1-14 Orthodox New Year!

### 1-15 Martin Luther King Jr Day

**1-15 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.

**1-16 North Brevard Republican Club** meets 3rd Tuesdays, 6:30 p.m. at the Police Hall of Fame, 6350 Horizon Dr., Titusville. All are welcome.

**1-17 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.

**1-17 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.

**1-23 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.

### 1-24 Tu Bishvat

**1-27 Veterans & First Responders Breakfast** - 9:00 a.m. at Saint Patrick's Anglican Church, 4797 Curtis Blvd., Port St. John. This is open to all veterans, spouses of veterans and all first responders. Last Saturday of each month.

### Congratulations to:

**Brandi McGann** is more lovely on the 1st.  
**Nathan Weimer** turns 17 on the 1st.  
**Brandon Crissman** turns 49 on the 1st.  
**Angie Crissman** turns prettier on the 3rd.  
**Mack Grenet** turns crazier on the 3rd.  
**Haley Higginbotham** turns 24 on the 4th.  
**Karissa Smith** turns 28 on the 4th.  
**Brittney Parks** turns 31 on the 4th.  
**Craig Taylor** turns 43 on the 4th.  
**Michelle Parks** turns cuter on the 5th.  
**Lisa Sarivola** urns hotter on the 5th.  
**Tom Hunt** turns cooler on the 5th.  
**Carl Anderson IV** turns wiser on the 5th.  
**Luke Moser** turns 12 on January 5th.  
**Joseph Warrick** turns 9 on January 5th!  
**Lucha Hunt** is the Queen ton the 6th.  
**Natalee Prentis** turns 3-0 on the 7th.  
**RaeLynn Weathers** parties wild on the 12th.  
**Michael Cox** turns 20 on the 14th.  
**Mark Walters** turns 26 on the 16th.  
**Lanny Grenet** dances all night on the 16th.  
**Jack Woerner** turns 27 on the 22nd.  
**Makylie Taylor** turns 17 on the 24th.  
**Joe Casey** turns stronger on the 25th.  
**Colten Lavis** turns 13 on the 29th.  
**Brittanie Grenet** gets spanked on the 31st.  
**Dylan Carmichael** turns 18 on the 31st.  
**Jim & Maria O'Neill** will celebrate their 58th anniversary on January 16th.  
**Rob & Cheryl Wratchford** celebrate their 41st anniversary on the 29th.  
**The Christmas Parade Committee** for a Great Job on Dec. 16th. Well done, team!!  
*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.

**All Brevard County Libraries will be closed Monday 1/1 for New Year's Day, and Monday 1/15 in honor of Martin Luther King Jr. Day. 1/4 10 a.m.: One-On-One Tech Help.** See Reference for information and to sign up.

**1/6 10:30 a.m.: Holiday Craft class.** \$40 fee due at signup. Registration ends 12/6. See Reference Desk for more information and to sign up.

**1/6 1:00 p.m.: Read to a Dog in the Youth Department!** Registration requested but not required, see desk for information.

**1/8 & 1/22 1:30-5 p.m.: Community Support Advocate** office hours. Can help with Housing Assistance, SNAP Benefits, Social Security/Medicare Benefits and more.

**1/10 6:30 p.m.: Bookworms Bookclub,** see the Reference desk for monthly book selection.

**1/11 & 1/25 9:30 a.m.: Children's Craft class.** Ages 6+ Homeschool groups welcome!

**1/25 2:00 p.m.: Spice Travelers Spice Club!** Pick up a kit including this month's featured spice (Thyme) at the Reference Desk beginning 12/1. Join us on the third Thursday at 2 p.m. to discuss and share recipes.

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

**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. No class on 1/2.

**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](http://brevardfl.gov/PublicLibraries).

## It's Cold & Flu Season

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

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

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

### Start with prevention.

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

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

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay away from people who are sick.

### Know the symptoms.

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

Sore throat	Runny nose
Coughing	Sneezing
Headaches	Body aches

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

### Cold vs. Flu

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

aches, headaches and fatigue (tiredness). Flu can also have very serious complications. CDC recommends a yearly flu vaccination as the first and best way to prevent the flu.

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

### When to See a Doctor

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

Symptoms that last more than 10 days

Symptoms that are severe or unusual

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

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

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## Florida Recognized As No. 1 in Education Freedom

In October, Florida was recognized by the Heritage Foundation as No. 1 in Education Freedom for the second year in a row. The Heritage Foundation releases an Education Freedom Report Card annually that measures states across four categories – Education Choice, Teacher Freedom, Transparency and Return on Investment. Florida was in the top five across all categories.

Governor DeSantis said, "By providing universal school choice, parental rights in education and curriculum transparency, we have ensured that parents are able to fully direct the upbringing of their children. Thank you to the Heritage Foundation for recognizing the importance of education freedom."

Commissioner of Education Manny Diaz, Jr. stated, "We are proud to once again receive the number one ranking for education freedom from the Heritage Foundation. Under Governor Ron DeSantis' leadership, Florida continues to prioritize school choice and transparency within our education system, benefitting both our students and parents."

# SLEEPY HOLLOW



## Fruit From The Groves

**THERE WILL BE A MEETING OF THE CANAVERAL GROVES HOMEOWNERS ASSOCIATION ON JANUARY 14TH AT 7 PM. THE MEETING WILL BE HELD AT THE BREVARD CHRISTIAN CHURCH, LOCATED AT 3825 GRISSOM PARKWAY.**

At this meeting there will be the election of officers for the year 2024. There will also be planning for the year's calendar. There are almost 500 homes out here in the Groves, so this meeting is important.

The 2024 yearly dues of \$15.00 are now due. They can be paid at the meeting or sent to the PO Box. The form is located on the next page in Happenings. The dues pays for the operating costs of the HOA. No person receives any money as all positions are voluntary.

In 2023, the Guardians of the Groves and Four Communities Fire Dept. were extremely busy. There were a number of structure and other fires out here in the Groves. There were numerous vehicle accidents with fatalities. It is time to take fire safety and driving seriously. Let's make the Groves a safer place this year.

Brevard County Sheriff's Office was also busy out here with numerous complaints. We still have



one of the safest places to live in Brevard County. Let's help them help us by being alert and reporting what needs to be reported. They cannot be everywhere.

There are still a large number of animals running loose. If you see one or lose one, please post it on the Canaveral Groves Lost and Found

Pets on Facebook. When a pet is found, report it to Brevard County Sheriff's Office Animal Services & Enforcement Unit so it can be returned to the owner.

There seems to be trash building up on the sides of the roads. Please be careful when disposing of trash so it does not clutter our roadways. Please call Waste Management if you have brush on the side of the road that will need the claw truck. That way they can get to it sooner.

Ed Silva

President

Canaveral Groves Homeowners Assn.



## Amvets Post 2415 Schedule

**1-3 Sons of Amvets 2415** General Membership Meeting - 1st Wednesday of the month at 6 p.m. Commander

Chuck Harrington, 321-208-7897.

**1-10 General Membership Meeting** - 2nd Wednesday of the month at 6 p.m.

**1-11 Amvets 2415 Ladies Auxiliary** General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

**1-13 Bike Night!** 3:00 - 7:00 on the 2nd Saturday of the month at the Post.

**1-13 Amvets Riders Chapter 2415** General Membership Meeting - 2nd Saturday of the month at 10:30 a.m. Pres. Steve Carman, 321-446-3394.

**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.



5370 US-1, Cocoa FL 32927

321-305-5440

Hours: 11 am - 10 pm

Thursday - Monday



## Under New Ownership

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## MagView Technology implemented at Parrish Healthcare

Parrish Healthcare is pleased to announce the successful go-live of the MagView technology at all of its mammography locations. The MagView system further elevates Parrish Healthcare's nationally accredited breast imaging (mammography) program with enhanced integration, reporting and workflows all designed to improve the patient experience by providing features such as: tools to make access to health information simple and secure; tools needed to help patient navigation from diagnosis through treatment; and robust analytics to support continuous quality improvement initiatives.

"We are thrilled with the successful implementation of our cutting-edge technology at all mammography locations across Parrish Healthcare. This partnership represents a joint effort in the advancing breast imaging programs through enhanced integration, streamlined workflow and robust analytics that lead to improved outcomes for patients. Together, we're making strides in early breast cancer detection and personalized care." - Mark Schmidt, MBA, VP of Sales & Marketing at MagView.

"The addition of the MagView technology was made possible, in part, through the generosity of donors to Parrish Healthcare's Jess Parrish Medical Foundation and the skill and expertise of our Radiology and Information Technology Care Partners," said Assistant Vice President, Operations Matt Graybill, MSHA, BSN, RN, NEA-BC, CNOR. "Early detection is key when it comes to treating cancer and through technology like this it empowers our Radiologists to perform predictive modeling of a woman's breast cancer risk with a very high degree of accuracy with the information available in the system," added Graybill.

Since 2009, Parrish Healthcare has earned the Breast Imaging Center of Excellence designation from the American College of Radiology (ACR). Additionally, breast imaging (mammography) services are integral to Parrish Healthcare's American College of Surgeon's Commission on Cancer (CoC) certified Oncology Program. Like most accreditation programs, Parrish Healthcare contributes data to the accrediting bodies to be tracked, analyzed and used to explore

trends in care. Accredited programs, in turn, have access to information derived from this type of data analysis, which is used to create national, regional and state benchmark reports supporting quality improvement initiatives. To learn about Parrish Healthcare, visit [parrishhealthcare.com](http://parrishhealthcare.com).

## EEARSS to the Environment ECOFEST

EEARSS.org is thrilled to announce the upcoming, "EEARSS to the Environment ECOFEST," an event dedicated to celebrating and highlighting the vital work done for environmental and wildlife conservation. This extraordinary festival will take place on Friday, January 19th in scenic Cocoa Village, Cocoa offering a day full of informative presentations, engaging activities, exciting encounters with wildlife, live music and more. It's all open to the public and it's FREE!

The event will kick off with a series of insightful presentations inside the Cocoa Village Civic Center, featuring renowned experts and organizations. Attendees can enjoy a variety of family-friendly activities provided by local businesses and organizations, including games, face painting, live wildlife encounters and raffles.

After 4 p.m. the event shifts outdoors to the Cocoa Village Amphitheatre, where the celebrations continue with live music performances, 22



vendors offering unique and eco-friendly products, giveaways and more raffle items, live wildlife exhibits and special celebrity appearances for meet and greets.

EEARSS to the Environment ECOFEST is more than just an event - it's a movement to acknowledge and support those who tirelessly work to preserve our planet and its inhabitants.

EEARSS, a 501(c)3 non-profit corporation, invites everyone to join this FREE vibrant festival. Join us in making a positive impact on our environment and celebrating the wonders of wildlife!

For more information, please visit [EEARSS.org](http://EEARSS.org). Media inquiries and quests for interviews can be directed to Frank Alligator Robb at 321-302-5324 or email [EEARSS.ORG@gmail.com](mailto:EEARSS.ORG@gmail.com).

## District 1 County Commissioner Seeks Applicants for Various Advisory Board Positions

District 1 Commissioner Rita Pritchett is seeking applicants to fill available seats on the following Advisory Boards:

Historical Commission

North Brevard Commission on Parks and Recreation

Information about each board may be found at <https://brevardfl.granicus.com/boards/w/cbe4088b3c65a780/boards>.

Applications are available on the Brevard County website, [www.brevardfl.gov](http://www.brevardfl.gov). Click on Advisory Boards listed under Frequent Searches.



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?

# TO SPOT A STROKE **BE FAST**

Parrish Medical Center has earned The Joint Commission's Gold Seal of Approval.



## **B**ALANCE

LOSS OF BALANCE,  
HEADACHE OR DIZZINESS



## **E**YES

BLURRED  
VISION

### WHEN TO CALL 911?

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately. **DO NOT DRIVE YOURSELF** to the emergency room if you suspect you are having a stroke.

### WATCH FOR SUDDEN

- Numbness or weakness of the leg
- Confusion or trouble understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause



## **F**ACE

ONE SIDE OF THE  
FACE IS DROOPING



## **A**RMS

ARM OR LEG  
WEAKNESS



## **S**PEECH

SPEECH  
DIFFICULTY



## **T**IME

REMEMBER THE TIME  
SYMPTOMS STARTED  
AND CALL FOR AN  
AMBULANCE IMMEDIATELY



[parrishhealthcare.com/stroke](http://parrishhealthcare.com/stroke)

Healing Families—Healing Communities®