

HAPPENINGS

ISSUE NO. 333

FEBRUARY 2018

SERVING PORT ST. JOHN & CANAVERAL GROVES

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



Call 321-633-7499 or e-mail to happenings1@att.net. The current and last issues are on the website. www.happenings.net

Lots to Do In February - Get Out and Play!



Mardi Gras in Titusville!

On Saturday, Feb. 10, Sand Point Park in Titusville will transform into a New Orleans style French Quarter during the Titusville Mardi Gras Party & Parade. The Titusville Fair will take place February 8-11 in the park and will include the Mardi Gras as part of the celebration.

Story inside...

Sip, Savor and Soul on Main St.

Cocoa Beach Main Street will host a series of events in 2018 beginning with the first Sip and Stroll of the year. Participating businesses in downtown Cocoa Beach will invite over 500 participants to "wine and dine" on Saturday, February 10th beginning at 5pm.

"This event is becoming known as much for the food as it is for the wine," says Beth Javens, Executive Director, Cocoa Beach Main Street. Our last event featured our most diverse menu of spanish tapas, cuban sandwiches, clam chowder, bratwurst, spring rolls and tapenades. There were some sweet treats as well, such as key lime tartlets and flan. Wine and food for \$30!

Free Friday events begin on February 16th at 6pm on Minutemen Causeway and continue on the 3rd Friday of every month in downtown. The February event will have over 40 crafts, vendors, food trucks and family-friendly activities. The event is free and open to the public. For more information, contact Beth Javens, bethjavens@gmail.com, or 613-0072.



We're Ready to RIDE!

We are excited to announce the grand opening for the Florida East Central Regional Rail Trail, and our inaugural bike trail event in Titusville!

Registration is open for riders of all ages - and you can ride 5, 10, 20, 30 or 40 mile routes. The cost is only \$15.00 and you get a ride t-shirt and a goody bag! Plus, you are invited to the After Party at Sandpoint Park to celebrate with food, music and fun!

Visit www.greatertitusville.com for the link to registration and more information on this and other events in Titusville.

or current resident

Resident
Cocoa, FL

PRSRRT STD
U S POSTAGE
PAID
COCOA, FL 32922
PERMIT NO. 53

ECRWSS

Life Happens
When minor medical emergencies
happen there's **MED*FAST**
Urgent Care Centers

Fast. Affordable. Walk-in Care.


PARRISH
HEALTHCARE CENTER
PARRISH HEALTHCARE

5005 Port St. John Parkway
Port St. John

Open 9 a.m. - 7 p.m.
Seven Days a Week

parrishmed.com/psj
321-633-8620

Life Moves

Your Feet

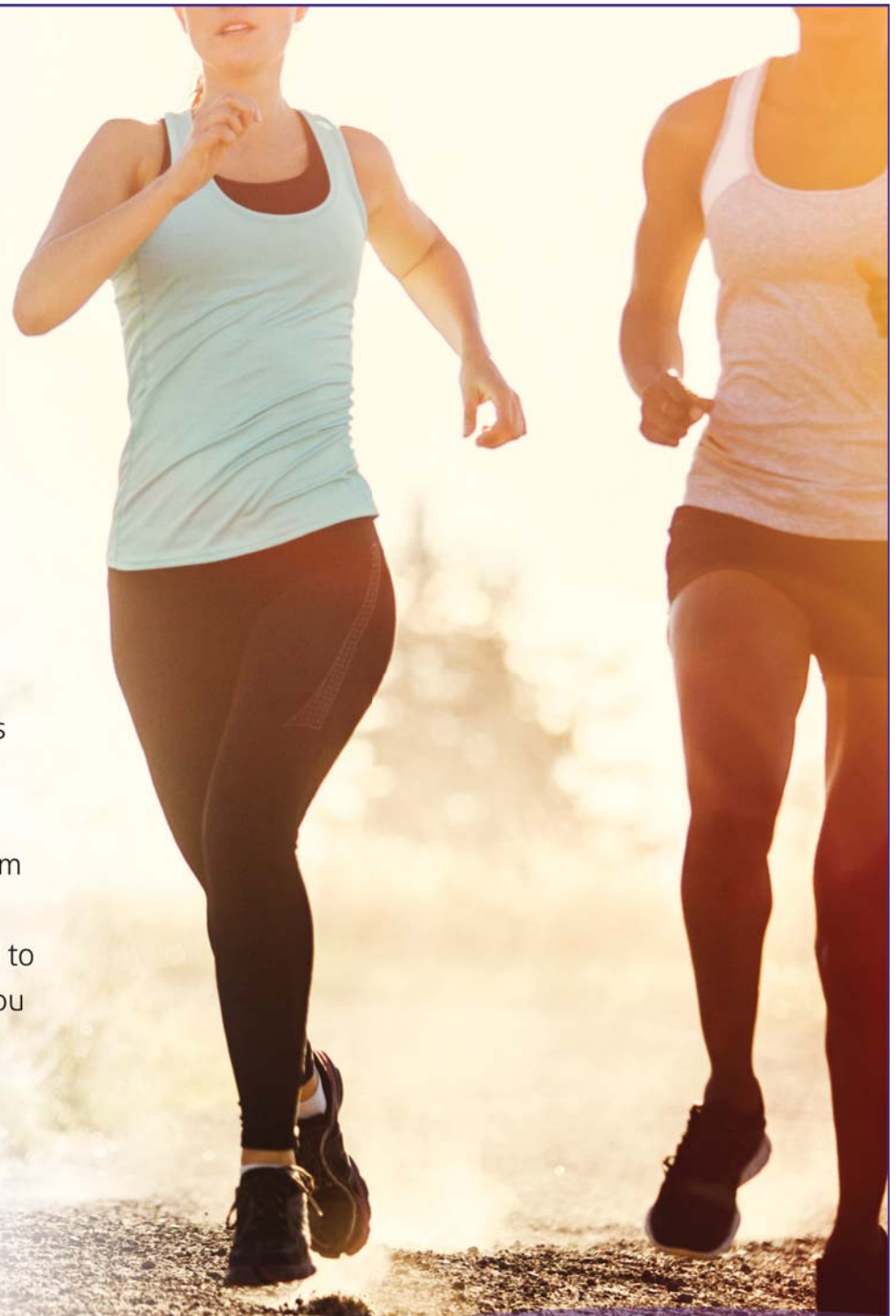
Our podiatry team gets you back to what moves you—work, play and daily living.

Don't let foot pain or injury slow you down. Our advanced surgical and non-surgical techniques and impeccable quality and patient safety record speed your recovery. Our team of care partners is trained in the newest treatments for everything from sports injuries, diabetic foot care, bone spurs, tendonitis, bursitis, plantar fasciitis, stress fractures to neuropathy and more. We'll work together to get you back on your feet in no time!

Call for a consultation:
321-433-2247



parrishhealthcare.com/orthopedics
Healing Families—Healing Communities[®]



PSJ Community Center Schedule - February, 2018

The center is open Mondays–Thursdays from 10 a.m. to 8 p.m., Fridays from 9 a.m. to 6 p.m., Saturday 10 a.m.-2 p.m. **Schedule is subject to change. For latest information or to register, call 633-1904.**

Mondays – Fridays

Seniors at Lunch, 10 am - 1 pm

Mondays

Outside Basketball, 10 a.m.-8 p.m.

Youth Zone, 3-7 p.m.

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 p.m.

Zumba (Adult Class), 6-7 p.m.

12th & 26th - Girl Scout Troop 210, 6-7:30 p.m.

Tuesdays

Outside Basketball, 10 a.m.-8 p.m.

Youth Zone, 3-7 p.m.

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 p.m.

Girl Scout Troop 1902: 4-5 p.m.

Daisy Girl Scout Troop 276: 6-7 p.m.

Wednesdays

Outside Basketball, 10 a.m.-8 p.m.

Dream Weavers, 12-4 p.m.

Youth Zone, 3-7 p.m.

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 p.m.

Zumba (Adult Class), 6-7 p.m.

7th & 21st: Cub Scout Pack 704, 6-7 p.m.

Thursdays

Outside Basketball, 10 a.m.-8 p.m.

Youth Zone, 3-7 p.m.

Computer Lab, 3-8 p.m.

Teen Billiards, 3 - 8 p.m.

1st & 15thL: Art In The Park 5-7 p.m.

Fridays

Outside Basketball, 10 a.m.- 2 p.m.

Game Room /Computers, 3 - 6 p.m.

Saturdays

Outside Basketball, 10 a.m. - 2 p.m.

Game Room/Computer, 10 a.m. - 2 p.m.

Art In The Park - Certified art instructor offering beginner and intermediate acrylic paint activities \$25 per project, includes all supplies. Beginning January 18th, 5-7 p.m. Contact Donna at (561)262-4573 or call 633-1904.

Zumba Classes - Zumba incorporates rhythms of Latin and International music to high energy aerobic/fitness dance movements. Zumba tones the body by integrating basic principles of movement and resistance training.

Dancers and long-time exercisers thoroughly enjoy the change in pace - exercising in a healthy, fun, party-like environment. For ages 12 years to adults. Classes are Mondays and Wednesdays at 6-7 p.m. \$5 per class. For more information, contact the PSJ Community Center, 633-1904.

“DREAM WEAVERS” – Knitting Club

This group of middle to senior aged folks meets at the Port St. John Community Center to knit, crochet, and cross-stitch. We socialize, have fun teach and involve the seniors that already come to the center. The club is looking to re-spark interest for those who may have once enjoyed this type of skill and may be looking to join the group to donate any completed projects to area non-profit agencies. The group meets on Wednesdays, 12-4 p.m. No fees.

May you always have Love to Share, Cash to Spare, And Friends who Care.

Quality Repair You Can Depend On!

Family Owned & Operated Since 1981

Sweeney's
AUTO REPAIR

Shuttle Service Available

10% OFF LABOR with this coupon

CERTIFIED



321-268-0200

1418 S. Hopkins Ave.
Titusville

PSJ RESIDENT
MVR# MV-01860



LISA'S BARBER SHOP

Located in the strip center north of Bank of America on West Ave.

636-5837



OPEN Tuesday - Friday 9:00-5:00 pm
Saturday 9:00-1:00 pm
Closed Sunday & Monday

The Lawn Ranger

Residential Lots to 10 Acres

One-Time Cuts
Commercial Lots
NO PROBLEM



Scott Green

302-3311

All Air & Heat

Quality Work Isn't Expensive - It's Priceless

- Air Conditioning & Heating • Sales •
- Service • Cleaning • Installation •
- Dryer Vent Cleaning •

Now Doing Duct Cleaning!



321-631-6424



Reg. \$69.95
Service Call
with Coupon
\$59.95

Ask About Our
Monthly Specials
& Air Quality
Products

John Sabo has served the North
Brevard Area for 20 years

Goodman

Air Conditioning & Heating

TEMPSTAR

Cooling & Heating Products
Quality you can feel.

Lic. CAC1814911

LCD LED PLASMA

Used sets for sale

BOB'S T.V. SERVICE

“Service Before the Sale”

FAST • REASONABLE • RELIABLE

1412 South Hopkins Ave.
Titusville, FL 32780

321-264-1878

Good Day! by Maureen Rupe Port St John Startups & Founders Club

The January 3rd, 2018 meeting was very productive and very interesting. I would encourage anyone in Port St John, Sharpes and Canaveral Groves to attend. The North Brevard Economic Zone has created this opportunity for entrepreneurs. I support this and have been helping in this endeavor. There will also be refreshments.

The goal is for anyone who is interested in starting a small business or who has launched a business in the last few years to obtain a free forum for networking, problem solving and education on how to better operate a small business enterprise. There will be advice and presentations at the meetings.

These meetings will continue monthly through 2018 at the Port St. John Library on the first Wednesday of the month, 5:30 pm to 7:00 pm.

FPL Delays Huge Hurricane Cost Recovery

In a January story by Jim Sanders for the News Service of Florida, Florida Power & Light is delaying a \$1.3 billion Cost Recovery Plan until it studies the Tax Overhaul Plan passed recently by Congress and signed by President Trump. They

still state they are going to file the Cost Recovery Plan, but want to get more accurate data. According to FPL Spokesman Dave McDermitt in the article, they will have more accurate data by the end of January, so no one should expect an extra charge in their March bill.

Back on October 26, Sun-Sentinel's Contact reporter Marcia Heroux Pounds wrote an article titled, "FPL will seek \$4 to \$5.50 monthly surcharges to recoup Hurricane Irma costs." That article stated, "Florida Public Counsel J.R. Kelly, who represents the state's consumers, said he would likely contest an Irma storm surcharge as high as \$5.50 a month. But he said FPL is within its rights to proceed with a \$4 surcharge for 12 months."

That isn't the only cost FPL is springing on its customers. A December 12 article in Miami-Herald by Jim Sanders for the News Service of Florida, titled, "FPL gets OK to charge customers for cleaning saltwater plume at Turkey Point," said the Florida Public Service Commission approved FPL to collect at least \$176.4 million from customers. The article stated residential customers using 1,000 kilowatts of electricity will

be paying \$1.59 environmental costs for 2018, down from \$2.44 from 2017. It doesn't go into how much less we would be paying without the \$176 million plus the customers are being stuck for payment.

Reference:

<http://www.heraldtribune.com/news/20180104/fpl-delays-plan-to-bill-customers-for-hurricane-irma-costs>

<http://www.sun-sentinel.com/business/fl-bz-nextera-fpl-third-quarter-20171025-story.html>

<http://www.miamiherald.com/news/local/community/miami-dade/article189398169.html>

Lunch with Representative Thad Altman

On December 19th, Representative Thad Altman had lunch with representatives from Preserve Brevard, Floridians Against Fracking, Space Coast Chapter of Sierra Club, Space Coast Progressive Alliance, Indian River Lagoon Coalition and myself representing League of Women Voters of the Space Coast. It was a pleasant lunch, which Representative Thad Altman appeared to enjoy.

I read the League's priorities on Natural Resources:

PEPPERS
POLARIZED EYEWEARE

**Free
Peppers Frame
with purchase of any
Polarized Lens**

Offer cannot be combined with other discounts, coupons or insurance. See office for additional details and exclusions. Expires 2-28-18.



639-0910

3720 Curtis Blvd., Suite 106

Open Monday Thru Thur, 8:30 am - 5:30 pm

Friday, 7:30 - 4:30

Saturday, 8:30 am - 12:30 pm

Professional eye care provided
by Board-Certified Optometrists

Robert S. Webster, O.D., & Becky Crockett, O.D.

...wish you a Happy Valentine's Day.



Professional Eye Care In A Warm & Friendly Atmosphere

<http://www.portstjohneyecare.com>

We Accept Most Major Insurance Companies

**Exam and
Glasses for
\$79.99**



Upgrades Available
with
additional cost.

Includes SV plastic lenses and frames from Value Collection (+/-4 sphere +/-2 cylinder). Bifocal or Progressive Lenses are additional. Offer cannot be combined with other discounts, coupons or insurance. See office for additional details and exclusions. Expires 2-28-18.

**Share A Pair
Two Eye Exams and
2 Pairs of Glasses
for \$149⁹⁹**

Must be used on same visit. Offer includes single vision plastic lenses and frames from our Value Collection. See office for full details and restrictions. This offer cannot be combined with any other discount, coupon or insurance benefits. Expires 2-28-18.

**Dailies Total 1
FREE Polarized Peppers
sunglasses with purchase of
annual supply.**

Non Rx, rebates up to \$200 available. Offer cannot be combined with other discounts, coupons or insurance. See office for additional details and exclusions. Expires 2-28-18.

**Contact Lens
Package**

**Exam, Evaluation and 2 Boxes
of Contacts starting at:**

\$119⁹⁹

Add a back up pair of glasses

starting at **\$39⁹⁹**

Must be same prescription. 2 Boxes of Eyedia included. Toric, Mono fit, Color, Progressive, Bifocal and other brands of contacts are additional. New Wear Training will have additional \$20.00 fee. Coupon must be presented at time of purchase. Offer can not be combined with other discounts, coupons or insurance benefits. Expires 2-28-18.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PATIENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF & WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE SERVICE, EXAMINATION OR TREATMENT.

Question: The Florida Water and Land Conservation Amendment of 2014 passed with 75% of voters, but has never been adequately funded. Would you support legislation to mandate that land acquisition have the largest share of funds from the Land Acquisition Trust Fund?

Representative Altman gave a definite yes on co-sponsoring House Legislation, and stated his top priority is funding for both Amendment 1 Land and Conservation Florida Forever.

Representative Thad Altman stated he needs help with a massive public relations campaign to advocate funding Amendment 1. He asks to include letter writing, attending court hearings, collecting a million signatures and making a million calls.

LWV Florida supports full funding of the Florida Forever land acquisition program and proper implementation of the Water and Legacy Conservation Amendment adopted in 2014.

Question: Would you support a statewide ban on fracking, and if not, how do you propose we safeguard our water and natural environment?

Representative Altman gave a definite yes. HB 237 is the House Bill against Fracking & Sen-

ate Bill 462 is its companion Bill in the Florida Senate.

2018 House Bill 237: Advanced Well Stimulation Treatment (Fracking)

Summary: Advanced Well Stimulation Treatment: Prohibits performance of advanced well stimulation treatments; provides that permits for drilling or operating wells do not authorize performance of advanced well treatments; provides applicability. Effective date: upon becoming a law.

HB 237 is assigned to the Agriculture & Natural Resources Appropriation Subcommittee. Representative Altman will speak to Representative Ben Albritton who chairs the committee about the committee hearing the bill.

HB 237 is assigned to the Natural Resources & Public Lands Subcommittee. Representative Altman serves on this committee and will work with the chair, Representative Holly Raschein, to get the bill heard.

LWV Florida supports the band of advanced well stimulation treatment (fracking) including, but not limited to, hydraulic fracturing matrix acidizing.

This was a very interesting and productive meeting. A meeting with seven people representing 7 groups saved a lot of office time. I think our strength was in our unity between the different groups attending with one definite purpose.

White Plague killing Florida's Coral Reefs

A December 9, 2017 story was on Associated Post's website, (no author noted), titled, "Mysterious epidemic plagues South Florida's coral reefs." The article stated the disease started during a three year worldwide coral outbreak called bleaching, where warm ocean water caused many corals to expel the algae that gives them color as well as gives them nutrients through photosynthesis. The article states coral can recover from bleaching, but it weakens them and makes them vulnerable to disease. The Australian Great Barrier Reef was hit hard by this problem. Coral reefs provide 25% of all the worlds marine species habitat even though there is a tiny fraction of the ocean made up by coral.

Troubling was the fact, the article states since 2014 south Florida coast north of the Keys has lost 35% of stony coral.

(continued, next page)

Trade In

Your outdated,
overpriced
Pre-Paid Funeral


** For a value priced one
that suits your needs.*

Funeral
SOLUTIONS

5455 North U.S. - 1 - Cocoa
in the **GlobeNet Center**

638-1373

See the "Family Owned" difference



**Advanced
Dental Care**
COSMETIC & GENERAL DENTISTRY


We welcome new patients and we work with most insurance plans! Ask about our no interest payment options.

J. Dieter Burr, DMD, PA

CALL: 321-631-2111

6825 N. U.S. Hwy #1
Port St. John
Cocoa, FL 32927

.....

 Find us on
Facebook

AdvancedDentalPSJ.com

Good Day!, cont.

The article quoted David Gilliam, assistant professor of marine and environmental science at the university's Halmos College of Natural Sciences and Oceanography, "Stony corals are what creates the reef," he said. "If you don't have stony corals, you won't have continued reef growth. If the reef isn't growing, it's slowly dissolving. Without growth, the coral will get lost, and that will affect the entire community, from reef fishes down to lobsters."

Reference:

<https://apnews.com/c9e95b3b0ca647eb-8608866f7a186a7f/Mysterious-epidemic-plagues-South-Florida>

Insurance Losses Tops \$7 Billion

A January 8, 2018 Gainesville Sun story by Jim Turner said the estimated insurance claims for Hurricane Irma is \$7.2 billion so far, from 877,843 claims. 83% of the claims were residential. I'm sure this will affect insurance rates in the months to come.

The story said the Florida House Select Committee on Hurricane Response and Preparedness is looking at a number of potential housing

changes and other hurricane mitigation ideas for the legislature to review during the next legislative session. Among the proposals brought to the committee were evacuation ideas, such as using passenger trains for evacuation, using a cruise ship for people in the Lower Keys, as well as extending the Suncoast Parkway tolls north of Tampa Bay. Besides that, they are looking at setting up petroleum distribution centers and putting utility lines underground. I will let you know when I hear more on what was decided.

Reference:

<http://www.gainesville.com/news/20180108/irma-insurance-losses-top-7-billion>

Why is Florida Punishing Community Colleges?

The Miami Herald Editorial Board wrote an editorial on January 7, 2018 about Senate Bill 540 and its House companion trying to change Community Colleges' organization's name from the Florida College System to the Florida Community College System. The Bills seems to be trying to remind Community Colleges to stay two-year institutions and not to forget it. Personally, with my husband graduating from Brevard

Community College some years ago, I was proud to hear they were offering four-year degrees. Everyone knows they are not trying to compete with four-year state universities, but giving Floridians an option close to home, and provide degrees needed by the local business communities. Why lawmakers want to throw opportunities away, for our citizens to pay more dues when they can live at home and earn degrees in nursing or applied sciences, I'll never know.

The bills would create a statewide board to oversee community colleges. The Senate bill, sponsored by Sen. Dorothy Hukill, R-Port Orange, would take away local control and give it to a 13-member State Board of Community Colleges, which makes no sense. Sen. Hukill said she's concerned about graduation rates. But with students starting courses in high school, it explains people graduating early, and for those like my husband who was working during the day, it explains why graduating can take longer. Either is no reason to penalize our residents in trying to better themselves. We need to kill this bill that is trying to make it harder for our residents.

Reference:

#1 Pediatric Office in the county.

Your child's care is our priority!

 **PSJ Pediatrics** 



Excellent Care, Compassionate Care

Dr. Shivani Mitra
Dr. Tarun Jain
3765 Kings Hwy.
Port St. John FL, 32927

321-507-4572
Fax: 321-507-4417
www.psjpediatrics.com

*What will happen to your family
and your savings if you require
long-term medical care?*

Schedule your personal Medicaid Planning
Consultation with Allender and Allender.

321-269-1511 | AllenderLaw.com

TITUSVILLE • COCOA BEACH • VIERA



JERRY ALLENDER

 **ALLENDER
&
ALLENDER**
Attorneys At Law



STEVEN ALLENDER

<http://www.miamiherald.com/opinion/editorials/article193421939.html>

Liquid Nitrogen Gas (LNG)

An LNG Plant was permitted by the City of Titusville in 2014 to allow East Coast Industries to construct a Liquid Nitrogen Gas Plant on TICO Airport Property. According to Titusville City Manager Scott Larese, there has been no communications between East Coast Industries and Titusville since that time. Brevard County has confirmed the same.

My Opinion: I think maybe they are thinking of putting a LNG Plant at Port Canaveral to fuel all those cruise ships being modified for LNG.

Florida Economy in last Seven Years

A January 9, 2018 Palm Beach Post story by Jeff Ostrowski titled, "The good and bad of

Florida's labor market in three charts," gives the good and bad market in the last seven years. Currently, Florida has a lower unemployment rate than the nation. The article shows a chart from the Bureau of Labor Statistics, where Florida had a 5.8% unemployment, compared to 5.6% in December 2014. Florida now has an unemployment rate of 3.6% compared to a national average of 4.1% in October 2017. Great!

A second chart from the Bureau of Labor Statistics shows Florida has always had a lower median average income, but concerned Florida median income lags the U.S. In 2010 there was a difference of \$6,000, \$48,510 in Florida and \$54,525 nationally; and now there is a difference of \$8,000: in Florida, \$51,176 and nationally \$59,039 median income.

In a third chart from the Bureau of Labor Statistics, Florida Poverty continues to outpace the nation. In 2010, Florida had a poverty rate of 16.5%, while the nation has a poverty rate of 15.3%. In the latest year of the chart, 2015, Florida had a poverty rate of 15.8%, while the nation had a rate 14.7%. It's good that Florida poverty has gone down, but Florida decreased poverty by 0.7%, while the nation decreased poverty by 0.6%. Nothing to brag about.

Reference: www.mypalmbeachpost.com/business/the-good-and-bad-florida-labor-market-three-charts/DW3LE229rX5TaOgbfJf8bL/

Late Breaking News: FPL reported they would not have customers pay extra for Hurricane Irma. I will report any extra information next month.



FREEDOM

Air and Heat, Inc.

Emergency Service From the Kings of Cool

Call us When You Need Us, Day or Night... It's That Easy!

**Super Tune Up Special
or Service Call Special**

\$55.⁰⁰

Must present coupon. Expires 2-16-18
Not valid with other offers.
hap-FreedomAir&Heat

**Get a \$100
VISA Gift Card!
AND a \$100
Melting Pot
Gift Card!**



With purchase of any new system.
Not valid with any other offers. Exp. 2-28-18

Save up to 65% on Solar

Making solar even more affordable

Government tax credits and other incentives can go a long way toward reducing the cost of a SunSource® Home Energy System.



**Ask about our
60 month
0 % financing**

**Save 30%
with any
Solar
purchase.**



We Service and Repair All Makes and Models

www.FreedomAirHeat.com

Port St. John: 321-631-6886

SMIWAY Co.
D.B.A.

Guaranteed Work
American & Foreign

PORT ST. JOHN

AUTO REPAIR

639-2661

3845 Kings Hwy.



We Are A TechNet Shop Mon-Fri 8-5

**Offering 24/24 on
Parts & Labor**

Clement (Smitty) Smith
GMT - ASE Cert. MV34224



Computer Repairs



WAR TECHNOLOGIES

Repairs * Upgrades

Networking On Site Work Available

**Professionally designed, data-driven
websites and applications.**

E-commerce

Free Pick-up and Delivery

In Port St. John & Canaveral Groves Areas

Phone: 795-3228

RAYMOND JAMES®

Raymond James Financial Services, Inc.
Member FINRA/SIPC

Individual solutions from independent advisors



Patrick J. Coyne, MBA

Financial Planner

321-452-0061

patrick.coyne@raymondjames.com

www.raymondjames.com/patrickcoyne

**Investment & Insurance Strategies
Retirement Planning**

2395 N. Courtenay Pkwy., Ste. 201 Merritt Island, FL 32953

Farmer Painting



Specializing in
Interior & Exterior
Repainting, Pressure Cleaning
Texture and Coating Repair

"Continuing the quality
tradition of Hewey Farmer"

Visit us at: www.Farmerpainting.org

(321) 264-9736

Fax: 269-5385



Mardi Gras in Titusville!

On Saturday, Feb. 10, Sand Point Park in Titusville will transform into a New Orleans style French Quarter during the Titusville Mardi Gras Party & Parade. The Titusville Fair will take place February 8-11 in the park and will include the Mardi Gras as part of the celebration.

Mardi Gras will feature live bands on three premier stages, including BOSTON former lead singer Fran Cosmo, The Supervillains and The Chief Cherry & His Red Beans and Rice band.

There will be stilt walkers, marching bands, jugglers, strolling musicians and much more to create a festive family atmosphere along the beautiful waterfront of Titusville's Sand Point Park. Bring the family out and enjoy a fun, family-style Mardi Gras Street Party and Parade. The 15-acre park near downtown Titusville will be the venue for the Mardi Gras and there will be live musical entertainment on all stages featuring a different genre of music.

More than 50 professional and personal Mardi Gras themed floats are expected to be showcased

during the Mardi Gras Parade Companies, clubs, families, teams and all organizations are invited to enter a float into the parade. So get together with your friends and enter a float in this fun parade. The parade will take place at 8 p.m. and will proceed through the Sand Point Park fairgrounds, with over 100,000 beads being tossed for all the crowds to enjoy.

There will be plenty of great Cajun food to choose from. Delicious shrimp and grits, crawdads, red beans and rice, Jambalaya, Po' Boy sandwiches and much more will be on offer throughout the celebration.

Save money and get tickets in advance at all Walgreens stores for only \$8. Tickets purchased at the gates on the day of the event will be \$12 per person. Tickets include admission to the Mardi Gras area at The Titusville Fair at Sand Point Park, admission to all the concerts, admission to the magic shows and access to watch the Mardi Gras and beads, beads, beads. Fair rides and games will be available for a separate charge. This is an all-ages event and everyone entering pays the admission charge, except children under the age of 10. Everyone entering with a ticket has access to fair rides for a separate charge, admission to all the concerts, the magic shows, the parade of floats and all the entertainment.

There will be a VIP Party under the large pavilion at Sand Point Park, beginning at 5:30 p.m. until 7 p.m. VIP ticket holders will receive access to the VIP Party, a souvenir Mardi Gras mask, Mardi Gras beads, a Cajun-style plated meal, a Titusville Mardi Gras souvenir cup with an alcoholic drink or soft beverage, and a special viewing area for the parade of floats. VIP tickets may be purchased at any Walgreens store for \$29 beginning January 3, 2018.

All attendees entering the fair and Mardi Gras must pay the gate admission.

For more information about the Titusville Mardi Gras Street Party and Parade, visit www.titusvillemardigras.com.

Want to reach 12,000 homes?
We take VISA & MC Visit our website for Ad Price list. For ads, call Randy at 633-7499 or happenings1@bellsouth.net
www.happenings.net

Thinking of buying or selling your home?

I'm your neighbor specializing in Port St. John and Canaveral Groves, providing exceptional service to both sellers and buyers!

Call me today for a free market analysis. Thinking about buying? I will work tirelessly to find your perfect home!

**Call Michelle Parker,
Realtor®**

321-431-0505

321-868-5555

mpbrevardrealestate@outlook.com



Better
Homes
and Gardens
REAL ESTATE

STAR

SCHS Volleyball

More of the Space Coast Freshman, JV, and Varsity Volleyball teams. Home games are at the school. The schedule is on the school website, [http://www.max-preps.com/high-schools/space-coast-vipers-\(cocoa,fl\)/volleyball/schedule.htm](http://www.max-preps.com/high-schools/space-coast-vipers-(cocoa,fl)/volleyball/schedule.htm).



Central FL Accordion Club

The Brevard Chapter of the Central Florida Accordion Club (CFAC) holds its regular meeting the last Sunday of every month. Members and guests are invited to play accordions or other instruments.



The next show will be held on Sunday, February 25th, 2:00-5:00 p.m. at Elks Lodge #1532,

315 Florida Ave, Cocoa. The event is open to the public. Admission is free.

CFAC is a Not-for-Profit Florida Corporation, and is tax exempt under Section 501c4 of the Federal Tax Code. The club is dedicated to promoting the visibility and value of the accordion as a multi-cultural musical instrument in Central Florida. For more information, contact Rod Hall, 866-455-2322.

B & K Home Maintenance

Handyman Services & Repairs

Pressure Cleaning

Painting

And Much More

Licensed

Insured

Bonded

Sr. Citizen Discount

321-636-6131

FREE
Estimates

Serving Brevard
Since 2008



ERIC & CECILIA
JONES
- OWNERS -

728 West Ave Cocoa, FL 32927
in the West Plaza in Port St John

cecilia@ashippingdepot.com

321-632-8681

Fax 321-632-3759

UPS Authorized Shipping Outlet



Thank you for your business!

Eileen's Salon & Mobile Hair Care

Can't Get Out? I Will Come To YOU!
Available for Groups & Facilities
In-Home Manicures & Pedicures
and Facial Waxing



Licensed * Insured

321-302-1335

www.eileenssalonandmobilehaircare.com

By Appointment Only

725 Canaveral Groves Blvd., Cocoa

discover what you
LOVE

We love irresistible products. From innovative skin care to on-trend cosmetics, Mary Kay offers products women love, and I can help you find your new favorites!

Contact me to discover more.

Tammy McLachlan
Independent Beauty Consultant
www.marykay.com/tammym2016

Contact me for your gift-giving needs!
321-537-2729

I can assist with gifts, gift baskets or gift certificates.

MARY KAY

* Licensed * Insured * Residential * Commercial
One Time Visit * Weekly * Bi-Weekly * Monthly
Green Cleaning Supplies
Move-ins / Move-outs

Ingrid's
Cleaning Service

We're family owned and operated with a lifetime of experience. Call us for the dependable and reliable service you deserve!

321.745.8003

ifairweather50@gmail.com

SENIOR
CITIZEN
DISCOUNTS

MR. MOW IT ALL
321-302-1975
LAWN & TREE SERVICE
COMMERCIAL & RESIDENTIAL

NOW IS A GREAT TIME
FOR TREE TRIMMING!
One Time, Sometimes or All the Time.
SERVICE TO SUIT YOU!

Parrish Medical Group Welcomes Primary Care Physician Sandra Ogata Keefe, MD

Parrish Medical Group, with offices in Titusville, Port St. John and Melbourne, welcomes Sandra Ogata Keefe, MD.

Dr. Ogata Keefe is board-certified in family practice by the American Board of Family Medicine. She returns to PMG after two years with Southern New Hampshire Health System, an affiliate of Massachusetts General Hospital. Dr. Ogata Keefe has practiced family medicine since completing her internship and residency in family medicine at the University of Nebraska Medical Center in Omaha in 2007.

Dr. Ogata Keefe received her medical degree from the School of Medicine at the University of Mogi das Curzes, Brazil in 1995. She completed a general surgery residency there and post-graduate residency program in general surgery at Mount Sinai Medical Center in Miami, Florida. She practiced surgery for a total of four years in Brazil and at the University of Arkansas and Lehigh Valley Hospital in Pennsylvania. She is fluent in Spanish, Portuguese and Japanese.

“I am very passionate about the diversity of



my specialty, caring for patients, especially the elderly population,” said Dr. Ogata Keefe. “Family Medicine gives me the opportunity to provide primary, secondary and tertiary prevention while treating the whole body system.”

Dr. Ogata Keefe is conveniently located in the Parrish Healthcare Center at 5005 Port St. John Highway, Suite 2500, Port St. John, and on Wednesdays at the

Parrish Healthcare Center at 390 Challenger Road, Cape Canaveral, (across from Cruise Terminal #1). She is currently accepting new patients 18 years of age and older. Medicare, Medicaid, and most insurances are accepted.

Please call 321-504-0556 for an appointment.

Project Graduation 2018



Would you like to help the Space Coast HS graduating class have a safe and fun graduation celebration next year? You can help, and have fun while you're at it. Here's how:

Every Monday Domino's will donate a dollar for every medium pizza with one topping sold. You probably want two!

Every last Saturday of the month they have a bucket drop at the BP station from 9-3. It's a good time to fill your tank.

Also, the class is doing a shoe drive, collecting shoes old and new for needy people. You might imagine there are many after Harvey, Irma and Maria. Drop your donated shoes off at the high school.



SAVING MONEY IS JUST THE START

Sure, rewards for safe driving are a big deal. But that's just the start. Let's chat today and I'll tell you all the reasons why switching to Allstate is worth it.

► **Jennifer Neumann-Dicandio**
321-631-3777
950 Fay Blvd.
Cocoa
jdicandio@allstate.com

Personalized service. Trusted advice.

PLAYALINDA®
FESTIVAL OF THE ARTS

FEBRUARY 2-4
TITUS LANDING LIFESTYLE CENTER, TITUSVILLE FL

COMPLETELY FREE
TITUS LANDING
FAMILY-FRIENDLY

ART & TECHNOLOGY EXHIBITS	LIVE THEATER PERFORMANCES	LOCAL DANCE PERFORMANCES
GIANT PINWHEEL GARDEN	JURIED ART SHOW	CIRQUE-STYLE AERIAL ACROBATS

HANDS-ON ACTIVITIES

LIVE MUSIC ALL WEEKEND!

FRIDAY:	SATURDAY:	SUNDAY:
7 pm – Jared Burnett <i>Electric Violinist</i> 8 pm – Robbin' the Bank	3 pm – Welden Blvd. Jazz 6 pm – J.T. Douglas & Friends	2 pm – Gospel on the Green

GET THE COMPLETE EVENT LIST: PLAYALINDAFESTIVAL.COM

Monthly Tax Update

The Tax Cuts and Jobs Act made sweeping tax changes, virtually impacting all taxpayers. For individual taxpayers and their families, changes include a decrease in the tax rates, repeal of the personal exemption, increase in the standard deduction, modification to itemized deductions, and doubling of the child tax credit. Therefore, all taxpayers need to evaluate their tax circumstances and most likely need to file a new updated W-4 for 2018, which is expected to be released sometime in February.

The tax act repeals the personal exemption, which was \$4,050 in 2017 and zero (\$0) for 2018 through 2025. Instead, your standard deduction is nearly doubled. For tax year 2018, the standard deduction is increased to from \$13,000 to \$24,000 for married filing a joint return; \$9,550 to \$18,000 for head-of-household filers; and \$6,500 to \$12,000 for all other individuals. This means families with four or more exemptions will have at least \$4,900 less deduction than before and the lower tax brackets is supposed to offset the loss of deduction. Your analysis will determine if this is true or not.

Also, these standard deduction amounts will be indexed for inflation for tax years beginning after 2018. The additional standard deduction

for the elderly and the blind (\$1,300 for married taxpayers, \$1,600 for single taxpayers) is retained.

As for itemized deductions, there are new limits on mortgage debt for purposes of the mortgage interest deduction. Annual itemized deductions for all state and local taxes, including property taxes, is capped at \$10,000. The threshold for medical expense deductions is lowered back to 7.5% of adjusted gross income (AGI) for tax years 2017 and 2018 and casualty losses will only be allowed for losses in federally declared disaster areas.

For a large number of taxpayers, their total itemized deductions will no longer exceed the standard deduction. On a good note, an enhanced child and family tax credit will make up some of the difference for certain families. As a credit, in contrast to a deduction, the enhanced child credit has been highlighted as one of the provisions lowering overall tax liability for middle-class families.

These are just highlights of the changes and impact of the Tax Cuts and Jobs Act. There is much more to discuss than can be covered here, including changes to the education benefits, alternative minimum tax, and the individual mandate, to name a few.

Tax reform is further complicated because many of the changes are temporary, generally ending after 2025. You really need to consult with a tax advisor to conduct an analysis to determine the impact this act will have on you.

Next, the Internal Revenue Service (IRS) has announced they will not process any 2017 tax returns until January 29, 2018, and the last day to file your taxes is April 17, 2018.

The IRS also expects taxpayers receiving Earned Income Tax Credit or Additional Child Tax Credit to have the refunds available in taxpayer bank accounts or on debit cards starting on Feb. 27, 2018, if they chose direct deposit and there are no other issues with the tax return.

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.

The easiest way to find something lost around the house is to buy a replacement.



**Why choose Liberty Title
for your next closing,
and for ALL
your title service needs?**

LOCALLY OWNED & OPERATED; FULL SERVICE TITLE INSURANCE COMPANY!

INTEGRITY... IT'S NOT JUST A WORD TO US.

HONESTY REALLY IS THE BEST POLICY!

BRANCHES... ORANGE, LAKE & BREVARD COUNTY OPERATIONS WITH STAFF TO TRAVEL TO OTHER LOCATIONS WHEN NEEDED!

EXPERIENCED STAFF DEDICATED TO HANDLING ALL OF YOUR TITLE INSURANCE NEEDS!

RELIABILITY... WE'VE BEEN HERE SINCE 1993 AND WE ARE HERE TO STAY!

TRUST... BUILDING YOUR CONFIDENCE IN US IS WHAT IT'S ALL ABOUT!

YOU ARE APPRECIATED AS A CLIENT AT LIBERTY TITLE!

720 West Ave., Port St. John, FL 32927

Phone-321.638.8818

Fax-321.638.8819

portstjohn@libtitleco.com

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

Higginbotham Companies, Inc.

"Providing Peace of Mind"

3790 N. U.S. 1
Cocoa, Fl. 32926
(321) 632-5726

**ACCOUNTING•TAXES•INSURANCE
NOTARY•RETIREMENT**



**ALL OUR EXPERT SERVICES
ARE AVAILABLE YEAR ROUND.
CALL US TODAY!!!**

COMMUNITY CALENDAR

Alcoholics Anonymous meets in PSJ on **Sundays** at 5 p.m., Tuesdays and Thursdays at 6:30 p.m. at 4797 Curtis Blvd. (St. Patrick's Church).

Overeaters Anonymous meets in PSJ on **Saturdays** at 9:30 a.m. at the PSJ Library. Visit oaspacecoast.org for other meeting locations.

Nar-Anon: Support group for those affected by someone else's addiction, meets on Mondays, 7:00 - 8:00 pm at 1st United Methodist Church, 825 Forrest Ave., Cocoa www.naranonfl.org.

2-2 Groundhog Day!

2-4 Super Bowl

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 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 pm at the Post Home, 7260 S. US 1, just north of PSJ. Call President Dorothy O'Rourke at 321-268-1632.

2-7 PSJ Startups & Founders Club, a group

for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at the Port St. John Library. We'll begin our program at 5:30 PM, and wrap up before 7 PM. The Port St. John internet site can be viewed at www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/.

2-8 Canaveral Groves Homeowners, Inc. meets on the 2nd Thursday of each month, 7:00 PM in the Fellowship Room of Discovery Christian Church, 3925 Grissom Pkwy. in the Groves.

2-9 Brevard Women's Connection meets at Space Coast Convention Center (Holiday Inn Express) on Hwy. 520 from 11 am until 1 pm on the second Friday of each month. The program includes a luncheon plus an inspirational speaker. For more information, call Mary at 636-4713 or e-mail her at mdean44@cfl.rr.com.

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

2-11 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sunday at 2:00 p.m. at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelagardnerwrites@gmail.com for info.

2-11 Calling all Christian authors! Dynamic writers group in Cocoa, Fla. offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30pm at Cocoa library). Contact D.P. Clarke at 1royaldy@gmail.com for more information. Print "Writers Group" in Subject.

2-13 Mardi Gras

2-14 Happy Valentine's Day

2-16 PSJ Business Connections Luncheon, sponsored by the Titusville Chamber of Commerce, meets on the 3rd Friday of the month at 12:00, PSJ Library on Carole Ave. Call Dennis Watkins at 267-3036.

2-19 President's Day

2-19 Moonport Modelers RC Club meets at 6:30 pm, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 321-505-2361.

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 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 268-1632 for assistance with your membership or information.

2-27 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hopkins Ave. on the 4th Tuesday of each month. Meet and greet & refreshments at 6:15, meeting at 6:30 usually followed by a program or guest speaker. Call 321-567-5424 for more info.

Congratulations to:

Kara Scott turns **7** on the 2nd.

Kyle Davis turns **24** on the 3rd.

Jack Bray turns crazier on the 3rd.

Drake & Madison Rowell are **21** on the 7th.

Amethyst Crawford turns **17** on the 7th

Cassidy Michonski turns **20** on the 7th!

Jennifer Wilson turns **26** on the 9th.

Nicolas Wagner turns **14** on the 11th.

Segunda Leach turns cuter on the 11th.

Jamey Blevins will turn **13TEEN** on the 11th.

Joshua Wilson turns **23** on the 14th.

Missy Crawford turns prettier on the 18th.

Samantha Hurst turns **19** on the 23rd

Jason Sanchez turns **18** on the 26th.

Laura Wagner turns wilder on the 27th.

Kobi Ragan parties wild on the 27th.

Ashlee Rickard turns **11** on the 27th.

Amber Nero turns hotter on the 29th.

Jack & Sue Bray celebrate their **38th** anniversary on the 1st.

Adam & Dawn Niehoff celebrate their **12th** anniversary on the 4th.

Bev & Myron Musselman celebrate **67** years on the 10th.

Craig & Carol Kremer celebrate their **32nd** on the 14th.

Michael & Helen Lapardo celebrate **31** this month.

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

Derek & Leslie Rickard celebrate their **14th** anniversary on the 21st.

We have lots of room for more good news.

Email inputs to happenings1@att.net.

Important Phone Numbers

County Commissioner -	607-6901
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Center	637-6670
Waste Management -	636-6894
Roadway Maintenance -	264-5084
SCAT Bus Information -	633-1878
Port St. John Library	633-1867
PSJ Community Center -	633-1904
Florida Power & Light -	723-7795
City of Cocoa Water Dept. -	433-8400
Parrish Medical Center	
Port St. John -	636-9393
Titusville -	268-6111
Atlantis Elementary School -	633-6143
Challenger 7 Elementary -	636-5801
Enterprise Elementary School	633-3434
Fairglen Elementary School -	631-1993
Campus Charter School -	633-8234
Space Coast Jr/Sr High School -	638-0750
Sexual Offender Registry -	
www3.fdle.state.fl.us/sexual_predators/	



Parrish Medical Group Welcomes Primary Care Physician Dixitkumar N. Modi, MD

Parrish Medical Group, with offices in Titusville, Port St. John, Port Canaveral and Suntree/Melbourne, welcomes Dixitkumar N. Modi, MD, as its newest board-certified physician in family medicine.

Dr. Modi has practiced medicine since 2002 – most recently as a primary care physician with TriHealth Physician Partners, Bethesda Group Practice, in Lebanon, Ohio.

Dr. Modi also serves in the U.S. Army Reserve, Medical Support Unit 7241 out of Lexington, Kentucky.

He received his medical degree in 2002 from Baroda Medical College at the Maharaja Sayajirao University of Baroda in Gujarat, India. He completed his residency with the Selma Family Residency Program, affiliated with the University of Alabama at Birmingham, in 2009.

Dr. Modi is conveniently located in the Parrish Healthcare Center at Port Canaveral, 390 Challenger Road, and is currently accepting new patients with Medicare, Medicaid, and most insurances.

Please call 321-633-8640 for an appointment.

I found this timely because today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to me and asks, "What brings you in today?"

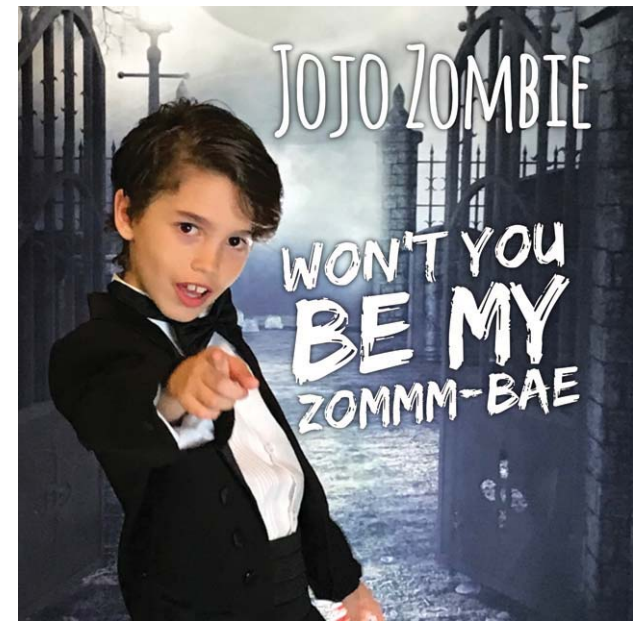
I looked at her, and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond. Am I getting to be that age?



On Sunday December 31st during the 9:30am Rite II Service at St. Gabriel's Episcopal Church in Titusville, Vaughan Kimberling (Fellow of the Verger Guild of the Episcopal Church), was Commissioned as the Verger of St. Gabriel's.

Vaughan is a long-standing member of the Episcopal Church since moving to the area in 1989. He became more involved with the church in 2002 as a parent helper of the youth group for several years. In 2013, the parish elected Vaughan to a three-year position on the Vestry of St. Gabriel's, during which time he formed the Liturgical Ministry, bringing together the Lay Eucharistic Ministers, Acolytes and Ushers as a group. He provides training, scheduling, liturgical leadership, management and continues successfully leading this ministry. He works with the Rector (Fr. Rob) in all aspects of liturgy planning including the ordinations of two priests, weddings, funerals, Eucharist's and more.

In 2014, Vaughan received his spiritual calling to the diaconate, and at the suggestion of the Canons of the Episcopal Diocese of Central Florida, he also began studying to become a Verger, having successfully completed the training this past summer. As part of his diaconal studies, Vaughan's outreach ministry is hospital chaplaincy, where he provides pastoral care to patients at the local hospital and within the community.



Jojo Zombie New Release

Port St. John's youngest recording artist is at it again. Arriving just in time for Valentine's Day, Jojo Zombie's new single, "Won't You Be My Zommm-Bae."

Jojo Zombie falls for one of the Zommm-Babes and asks her to be his Valentine. Soon after he realizes that this kind of relationship is complicated and he tries to find a way out.

Available to download or stream on the following websites: iTunes, SimfyAfrica, YouTube Art Tracks, Spotify, Amazon Music, Google Play, Deezer, Groove, iHeartRadio, Napster, MediaNet, VerveLife, Tidal, Gracenote, Shazam, 7Digital, Juke, Slacker, KKBox, Akazoo, Anghami, Spinlet, Neurotic Media, Yandex, Target Music, ClaroMusica, Zvooq, Saavn, NMusic, 8tracks, Q.Sic, Musicload, Kuack, Boomplay Music, Amazon On Demand, YouTube video coming soon.

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, February 8th, 2017, at 5:00 p.m. The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend.

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

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

A GOOD NIGHT'S SLEEP IS GOOD FOR YOUR HEART



Parrish Sleep Disorders Center
Manager and
Brevard A.W.A.K.E.
Coordinator
Kristina Weaver, RPSGT

*If you have sleep apnea
you may feel as though you
sleep through the night;
you may feel well and rested,
but the truth is your heart
will not.*

Unlike what many people think, sleep apnea is not just a sleep problem. Sleep apnea is failure to breathe properly during sleep. This means vital organs don't get the oxygen they need. It is a serious problem, especially for the heart. During sleep, the body should rest. With sleep apnea, the body struggles due to low oxygen levels causing increased stress on the heart.

Lack of Oxygen, Sleep Apnea and the Heart

Because of the lack of oxygen, people with untreated sleep apnea are at a higher risk of developing irregular heartbeats like atrial fibrillation. They also have a higher risk for a stroke and heart attack. In fact, men with untreated sleep apnea have double their risk for a stroke.

A few years ago, I did a sleep study on my father. He stopped breathing 41 times an hour and had two episodes of ventricular tachycardia and a seven second sinus pause. These could have been fatal arrhythmias. As I sat there looking at my monitor, I prayed he did not have any more arrhythmias.

Since the arrhythmias were caused by sleep apnea and lack of oxygen, we started CPAP. Once his oxygen levels came up and we treated his sleep apnea, his heart stayed in a normal rhythm. Unfortunately he was in denial and refused any kind of treatment.

At 53 years of age, one year after his study, my father suffered a heart attack in his sleep and passed away. A person with untreated sleep apnea is three times more likely than the normal population to die of sudden cardiac death between midnight and 6 a.m.

How the Heart Works

Let's think of the way the heart works to understand. The heart has four chambers which make up the right and left sides of the heart. Think of these two sides of the heart as two pumps—the left side of the heart or “body pump” and the right side of the heart or “lung pump.”

The lung pump sends blood from the heart to the lungs to get oxygen. After the lungs oxygenate the blood, it is sent to the body pump. Then, the body pump sends this oxygenated blood to the body.

With sleep apnea, the process to receive oxygenated blood does not happen properly. None of the organs, including the heart, receive the oxygen needed. This puts stress on the heart, causing it to have to work harder. It's comparable to a person attempting a marathon with no training or conditioning; very dangerous.

This is the reason there is a higher risk of heart failure with sleep apnea. Usually it's left ventricular heart failure in patients with sleep apnea. Remember, your left side of your heart

is your body pump. The body pump works extra hard to move poorly oxygenated blood all the way to the brain and the toes. Since the body pump does not have the oxygen it needs, it has to work even harder. As a result, the heart becomes enlarged and tired and eventually fails.

Men have a 58 percent increased risk of developing heart failure from untreated sleep apnea.

Because the heart has to pump so much harder, blood pressure increases. Medication may help to control high blood pressure, but really it's just a Band-Aid. Patients with sleep apnea run as high as an 85 percent risk of having blood pressure that is hard to control. A lot of times sleep apnea is the cause of high blood pressure.

A lack of oxygen to the heart, like a lack of oil to an engine, causes things to misfire and work improperly. The pumps of the heart work from an electrical system. If the electrical system is not getting the fuel it needs, it will begin to fail and have misfires or frayed signals.

Atrial Fibrillation, Sleep Apnea and CPAP

Atrial fibrillation is one of the most irregular heart beats. Atrial fibrillation is a quivering of the atrium, or a bunch of misfires from the top part of your heart. With atrial fibrillation, the blood cannot fully leave the top part of the heart; therefore it can clot in the heart. Eventually those clots may move. They could move to the brain, heart or another part of the body.

It's critical to treat atrial fibrillation as soon as possible. By simply treating sleep apnea with CPAP we can decrease the risk of developing atrial fibrillation by 70 percent! No medication can do what CPAP can. This shows there is a

direct correlation between atrial fibrillation and untreated sleep apnea.

The words “sleep apnea” are under-valued. Sleep apnea not only impacts sleep, it damages the heart. If you have sleep apnea you may feel as though you sleep through the night; you may feel well and rested, but the truth is your heart will not.

SIGNS YOU MAY HAVE SLEEP APNEA

- ♥ Difficulty in falling asleep or staying asleep
- ♥ Falling asleep when inactive, during mundane activities (reading or watching TV)
- ♥ Heavy snoring combined with gasping or grunting noises during sleep
- ♥ Waking up tired, even after a full night's sleep
- ♥ Waking up with a headache
- ♥ Irritability and short temper
- ♥ Feeling very sleepy, perpetually tired, or falling asleep at inappropriate times (during meetings, while reading or watching TV)
- ♥ Use of medication or alcohol to fall asleep
- ♥ Awakening several times a night from your sleep
- ♥ Problems with concentration or memory
- ♥ Vivid dreaming at sleep onset

Enchanted Forest Sanctuary

February Schedule of Events

Guided Walk Every Saturday in February

10:00-10:45am. Enjoy a 45-minute guided hike. Please bring a hat, water and walking shoes. No reservation needed, except groups of 5 or more.

Florida Native Plant Society Garden Workday

- Saturday, February 3rd & 17th, 9:30am-12:30pm. Grab your hat, sunblock, and water and come help maintain the butterfly garden!

Hridaya Hatha Yoga and Meditation

Class - Sunday February 4th, 1:00-3:00pm
Certified teacher Dr. Adina Riposan-Taylor will

be holding a free workshop focusing on traditional contemplative practice and a gentle meditative yoga style for deep relaxation! Registration required, please call 321-264-5185.

Integral Tai Chi & Qigong Class

- Sunday, February 4th, 3:30-5:00pm
Certified teacher Dr. Adina Riposan-Taylor will be holding a free intro-level class for all ages in the screen porch. Come learn about and experience these ancient meditative practices! Registration required, please call 321-264-5185.

Photography Club

- Saturday, February, 10th, 9:00-11:00am.
All levels of photographers welcome. View photographs and learn helpful tips during their monthly meeting.

Nature Storytime

- Wednesday, February 14th, 10:30-11:00am.
Ages 5 and under. This month we'll play a game and read "Armadillo at Riverside Road" by Laura Gates Galvin. Registration required, call 321-264-5185.

Star Party

- Saturday, February 17th, 5:00-10:00pm.
Come enjoy the forest at night as we stargaze with the Brevard Astronomical Society! Also,

check out the nocturnal kids activities during this family event. No registration required.

Yoga in Nature

- Sunday, February 11th & 25th, 9:30-10:30am
Join yoga instructors from Inverted Elephant for a traditional class for all levels on the porch! Bring water and a mat. Registration required, please call 321-264-5185.

Sanctuary School

- Wednesday, February 21st, 10:30-11:30am & 12:00- 1:00pm.

Ages 6 to 11. Trailer tour through Scottsmoor Flatwoods Sanctuary! Explore scrub and flatwoods habitats during this interpretive ride. Registration required, please call 321-264-5185.

Swamp Walk

- Saturday, February 24th, 1:00-2:30pm
Ages 6 and up. See another side of the sanctuary during our interpretive swamp walk! Participants will wade through knee to waist high water, and explore undeveloped habitat. Wear old clothing, and shoes that won't slip off in the mud (high ankle if possible). Registration required, call 321-264-5185.

Enchanted Forest Sanctuary is located at 444 Columbia Blvd. in Titusville.



Higginbotham
CLEANING SERVICE

321-576-2789
FAX: 321-639-4520
higclnserv@yahoo.com

Erica Higginbotham Licensed & Insured
President



BERKSHIRE HATHAWAY
HomeServices
The Property Place



Randy Rodriguez

321-631-2128

Cell: 863-7499

**HAPPY
VALENTINE'S
DAY**

Mortgage Rates Are Rising. It's time to buy!

**Corner Lot - Canaveral
Groves
Paved on one side
\$35, 900**

Great looking corner lot, partially cleared. Mango is paved, Orleans is not. Small area of wetlands on property. Survey shows location. Environmental Survey done and attached. Docs say Mango address because address was assigned after the Enviro Survey.



Ready to move? This home has fresh paint in 2016 and the master bath was remodeled in 2016. Enjoy the beauty and comfort of wood and custom tile floors. Relax on the screened porch. Feel safe under the 2016 roof, veteran of Matthew and Irma. The roof warranty is transferable to new owner.

**Commercial Lot on Kings Hwy.
Port St. John
Only \$50,000**

85' x 150' Commercial lot zoned BU1-A vacant commercial lot in a good location on Kings Highway between US 1 and the railroad tracks.

Ready to start your own business? Cleared, fenced on 3 sides. Electric, cable and telephone service available. High traffic count with shopping plaza nearby.

2018 Space Coast Viper Baseball Schedule

Date	Time	Opponent	Location
2/20	6 PM	Cocoa	Cocoa High
2/22	6 PM	Merritt Island	MIHS
2/23	6 PM	Holy Trinity	Space Coast
2/27	6 PM	Titusville	Space Coast
3/1	6 PM	Astronaut	AHS
3/2	6 PM	Satellite	Space Coast
3/6	6 PM	Heritage	Heritage High
3/8	6 PM	Cocoa Beach	Space Coast
3/13	6 PM	Rockledge	Space Coast
3/14	6 PM	MCC	Space Coast
3/15	6 PM	Astronaut	Space Coast
3/20	6 PM	Bayside	Space Coast
3/22	6 PM	Titusville	Titusville High
3/27	4:30	Holy Trinity	Holy Trinity
3/29	6 PM	Satellite	Satellite High
4/2	TBD	Palm Bay Sb Tourney	Palm Bay High
4/3	TBD	Palm Bay Sb Tourney	Palm Bay High
4/4	TBD	Palm Bay Sb Tourney	Palm Bay High
4/10	4:30	MCC	MCC High
4/13	6 PM	Cocoa Beach	Cocoa Beach High
4/20	6 PM	Cocoa	Space Coast
4/24	TBD	CCC Playoff	South Division
4/26	6 PM	Lake Highland Prep	Lake Highland High
4/27	6 PM	Palm Bay	Palm Bay High
5/1	TBD	District Playoff	TBD
5/2	TBD	District Playoff	Titusville High
5/4	TBD	District Championship	Titusville High

2018 SCHS Viper JV SOFTBALL Schedule

Date	Time	Away Team	vs	Home Team
2/12	5:15 Pm	Merritt Island	@	Space Coast
2/15	5:15 Pm	Satellite	@	Space Coast
2/20	5:15 Pm	Cocoa	@	Space Coast
2/21	5:15 Pm	Space Coast	@	Astronaut
2/23	5:15 Pm	Space Coast	@	Melbourne
2/24	Tbd	Space Coast @ Port Coraci	@	Park Tournament
2/26	5:15 Pm	Space Coast	@	Cocoa Beach
2/28	5:15 Pm	Heritage	@	Space Coast
3/1	5:15 Pm	East River	@	Space Coast
3/2	5:30 Pm	Space Coast	@	Haggerty
3/5	5:15 Pm	Rockledge	@	Space Coast
3/7	5:15 Pm	Space Coast	@	Titusville
3/9	5:15 Pm	Melbourne	@	Space Coast
3/12	5:15 Pm	Space Coast	@	Cocoa
3/14	5:15 Pm	Space Coast	@	Bayside
3/16	5:15 Pm	Cocoa Beach	@	Space Coast
3/19	5:15 Pm	Space Coast	@	Satellite
3/23	5:15 Pm	Astronaut	@	Space Coast
3/26	5:15 Pm	Space Coast	@	Eau Gallie

2018 Space Coast Viper SOFTBALL Schedule

Date	Time	Away Team	vs	Home Team
2/7	7:00 Pm	Space Coast	@	Melbourne
2/9	5:00 Pm	Space Coast	@	Viera @ (Melbourne HS)
2/10	9:00 Am	Space Coast	@	Port Coraci Pk Tournament
2/10	11:00 Am	Space Coast	@	Port Coraci Pk Tournament
2/12	7:15 Pm	Merrit Island	@	Space Coast
2/15	7:15 Pm	Satellite	@	Space Coast
2/16	7:15 Pm	Melbourne	@	Space Coast
2/20	7:15 Pm	Cocoa	@	Space Coast
2/21	7:15 Pm	Space Coast	@	Astronaut
2/23	7:15 Pm	Space Coast	@	Melbourne
2/26	7:15 Pm	Space Coast	@	Cocoa Beach
2/28	7:15 Pm	Heritage	@	Space Coast
3/1	7:15 Pm	East River	@	Space Coast
3/2	7:30 Pm	Space Coast	@	Haggerty
3/5	7:15 Pm	Rockledge	@	Space Coast
3/7	7:15 Pm	Space Coast	@	Titusville
3/9	7:15 Pm	Melbourne	@	Space Coast
3/12	7:15 Pm	Space Coast	@	Cocoa
3/14	7:15 Pm	Space Coast	@	Bayside
3/16	7:15 Pm	Cocoa Beach	@	Space Coast
3/19	7:15 Pm	Space Coast	@	Satellite
3/20	6:00 Pm	Holy Trinity	@	Space Coast
3/23	7:15 Pm	Astronaut	@	Space Coast
3/26	7:15 Pm	Space Coast	@	Eau Gallie
3/29	6:00 Pm	Space Coast	@	Melbourne CC
4/10	6:00 Pm	Space Coast	@	Holy Trinity
4/12	7:15 Pm	Titusville	@	Space Coast
4/17	7:15 Pm	Ccc Seed Tbd	@	Space Coast
4/19	6:00 Pm	Space Coast	@	Rockledge
4/23	6:00 Pm	Tbd	@	Higher Seed Field
4/25	5:30 Pm	Tbd	@	Space Coast
4/25	7:30 Pm	Tbd	@	Space Coast
4/26	6:00 Pm	Tbd	@	Space Coast

2018 Space Coast Viper JV Baseball Schedule

Date	Time	Opponent	Location
2/26	6 PM	Titusville	Space Coast
3/1	6 PM	Astronaut	Space Coast
3/2	6 Pm	Satellite	Satellite
3/6	6 PM	MCC	Space Coast
3/8	6 PM	Cocoa Beach	Cocoa Beach
3/14	4 PM	MCC	MCC
3/15	6 PM	Astronaut	Astronaut
3/17	11 AM	Holy Trinity	Holy Trinity
3/21	6 PM	Cocoa Beach	Space Coast
3/26	6 PM	Titusville	Titusville
3/28	5 PM	Holy Trinity	Space Coast
3/29	6 PM	Satellite	Space Coast

Heart Attack Symptoms in Women

Courtesy of Parrish Healthcare Vim & Vigor magazine

Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. The initial cause is often due to certain risk factors, like being a heavy smoker, living a high-stress lifestyle, or being excessively overweight. But others can also be at high risk for heart attack, especially if there is a family history of it.

Q: What are the common symptoms of heart attack?

A: They are:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

Q: What are symptoms women might have more often than men?

A: Women are more likely to experience shortness of breath, nausea/vomiting, and back or jaw pain.

Q: Why is this?

A: Women may have more subtle symptoms than the obvious crushing chest pain most often associated with heart attacks. That's because they tend to have blockages not only in their main arteries, but also in the smaller arteries that supply blood to the heart — a condition called small vessel heart disease or microvascular disease.

Q: What should someone do if they experience any of these heart attack symptoms?

A: It's easy to tell yourself that it can't be happening to you, but that just wastes time. If you or a loved one seems to be having any heart attack signs or symptoms, you should:

- Call for help immediately. Dial 9-1-1! Make sure to follow the operator's instructions so you will get help right away.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.
- Do not drive yourself, or have someone else drive you to the hospital unless you have absolutely no other choice.

Q: What happens to my heart over time if I don't go to the hospital when I might be experiencing signs or symptoms of a heart attack?

A: Many women show up in emergency rooms after much heart damage has already occurred, because their symptoms are not those typically associated with a heart attack. Your heart and arteries will be damaged over time if you do not go to the hospital, and you may have many more problems as you age. Even if your symptoms are not "bad," you should be checked out — it is better to be safe than sorry. The Emergency Department staff will determine whether it is a heart attack or something that is not life threatening, like heartburn.

Parrish Healthcare Brave Hearts Walking to Fight Heart Disease

With the leadership of Jeremy Bradford, Senior Vice President of Operations and President of North Brevard Medical Support, Inc., Parrish Healthcare is fielding a team at the American Heart Association's (AHA) 2018 Brevard Heart Walk. The event will be held at The Avenue in Viera on Saturday, Feb. 24. The Parrish Healthcare team, Brave Hearts, has set a fundraising goal of \$10,000.

The Heart Walk is the AHA's premier event to raise awareness and funds to save lives from this country's number one and number five killers, heart disease and stroke. The Parrish Brave Hearts are joining the nearly one million Americans at 305 events across the country to build healthier lives, free of cardiovascular diseases and stroke.

Did you know that in Brevard County?

- 26 percent have died from heart disease and 5 percent have died from stroke.
- 26 percent has been told they have high blood pressure.
- 23 percent has reported no physical activity in the past month.
- The AHA funds more research than any U.S. organization except the federal government.
 - The AHA spends 80 cents of every dollar on research, education and community.

Saving lives from heart disease and stroke starts one team, one walker and one dollar at a time. Don't wait. Visit Brevard Heart Walk to join the Parrish Brave Hearts today. Be a part of the solution!

For more information, please call 321-268-6110, ext. 2240.



**DISABLED FOR TWO YEARS?
TURNING 65?
WE CAN HELP YOU WITH
MEDICARE SUPPLEMENT OR
MEDICARE ADVANTAGE
CALL TODAY!!!**

Higginbotham Insurance Agency
"Providing Peace of Mind"
3790 N. U.S. 1
Cocoa, FL. 32926
(321) 632-5726

LIFE • HEALTH • ANNUITIES



321-639-3333

Dine In or Take Out
6811 N. US Hwy 1, Port St. John



Visit Us on Facebook:
Kelsey's Pizzeria

KIDS EAT FREE!
Kids Pizza or Kids Spaghetti

Ages 12 and under. Must be accompanied by adult.

We have a Full Liquor License!

* * VISIT OUR NEW WEBSITE: www.KelseysPizzaPortStJohn.com * *

~ Delivery Specials ~

\$10.00 OFF

Present 10 of Your Delivery Receipts and
Receive \$10.00 Off
your next delivery order.

Coupon valid only on Delivery Receipt Orders from PSJ Location. Must Present Coupon & Receipts at Time of Order. Expires 2-28-2018. Not Valid With Any Other Offer, Coupon or Discount.

10% OFF

Entire Check
on your next delivery order.

Coupon valid only on Delivery Receipt Orders from PSJ Location. Must Present Coupon & Receipts at Time of Order. Expires 2-28-2018. Not Valid With Any Other Offer, Coupon or Discount.

~ Dine-In Specials ~



10% OFF

Entire Check

Dine In Only
Expires 2-28-2018
PSJ Location Only
Not Valid With Any Other Offer,
Coupon or Discount.
Must Present Coupon



2 for \$20

2 Calzones

of Your Choice.

Dine In Only
Expires 2-28-2018
PSJ Location Only
Not Valid With Any Other Offer,
Coupon or Discount.
Must Present Coupon

~ Pick-Up / Delivery Specials ~



FREE

Small Cheese Pizza

When You Buy 2 Calzones

at Regular Price

Expires 2-28-2018
Pick-up or Delivery Only.
Delivery Charge \$1.50
Minimum for Delivery \$10.00
Not Valid With Any Other Offer,
Coupon or Discount.



FREE

Small Pepperoni Pizza

When You Buy 2 Large

Pizzas at Regular Price

Expires 2-28-2018
Pick-up or Delivery Only.
Delivery Charge \$1.50
Minimum for Delivery \$10.00
Not Valid With Any Other Offer,
Coupon or Discount.



10 Wings &

10 Mozzarella

Sticks

\$15.99 +Tax

Expires 2-28-2018
Pick-up or Delivery Only.
Delivery Charge \$1.50
Minimum for Delivery \$10.00
Not Valid With Any Other Offer,
Coupon or Discount.



Large One Topping Pizza

and a Medium Greek

Salad

\$17.99 +Tax

Expires 2-28-2018
Pick-up or Delivery Only.
Delivery Charge \$1.50
Minimum for Delivery \$10.00
Not Valid With Any Other Offer,
Coupon or Discount.

Rose's Room

~ Rose Padrick

Flowers, candy, jewelry... One wonders what old Saint Valentine would think of his day in these times? While I certainly have no objection to receiving shiny baubles, (tennis bracelet-Zales Jewelers-), I think over the years the best gifts have been free (or very cheap).

I was feeling less than romantic on Valentine's Day when I was 8 months pregnant with my fourth child. Backaches, exhaustion, swollen everything was exacerbated by three young children and a husband who worked two jobs.

Money being tight and hours spent helping little people pick just the perfect card for each friend and little fingers sign each card did little to help put me in a Hallmark mood.

The holiday fell on a school day. As I raced to get everyone dressed and fed, visions of "Some-day When The Kids Are Grown..." romantic dinners intermingled with, "Is Kim wearing matching shoes?" "Did Darlene finish her homework?" "I hope Cindy's teacher likes the card we spent so much time on."

Finding a beautiful card and a small box of candy from my best beau carefully placed in the cereal box brightened my day considerably, but the handmade coupon for one day of total child care gave me the vapors. I immediately began making plans for a long leisurely afternoon at the beach alone with a good book and that box of candy.

The big day arrived along with itchy spots and a fever on the three year old. By the following Sunday all three kids were scratching and whining. The third Sunday found my husband with a fever. The one after that I was in labor. I think you get the drift; the coupon became the impossible dream.

I still have that unused coupon, but no need for child care. I wonder if it could be traded in on something more useful? (tennis bracelet-Zales Jewelers-).

That day on the beach with a book is still a great idea, especially if the beach is in Bahia Honda.

Going into a pharmacy superstore the day after Christmas I stood and watched the singing Christmas tree doing its little thing, nestled right next to a singing Valentines Day bear doing its

little thing, both bearing signs touting them as "The Perfect Gift!" Someone should tell them the perfect gift comes from the heart, not the wallet.

My children (when they were younger), and grandchildren display the right spirit. I have a treasure trove of clay plates with tiny hands outlined, and jewelry boxes with crooked hinges, paintings, potholders and Popsicle stick creations of all kinds. However, my now adult children and my husband are horses of different colors. The rivalry between them when it comes to gifts for dear old mom is getting intense.

It all started a few birthdays ago when someone near and dear to my heart asked me what kind of gift I would like, I told him to surprise me, and that he should know me well enough to be able to come up with something nice. Then I made the mistake of adding, "Something with a few karats."

We had the live white rabbit he came home with for 3 years. I named him Diamond.

With Mother's day approaching, I mentioned to one of my children I would like something that came from a shell on the ocean floor, and a few days later opened the door to a perplexed delivery person handing me a coupon for a bushel of oysters and a rose.

The Easter my husband bought a power drill and tried to sell me on the idea it was really for me because he would be spending less time screwing pieces of wood together, so there would be more time for us to spend together will be remembered in infinity.

I must admit I have recently been considering how ungrateful I have been in not reciprocating for all these fine presents, and since Valentine's Day is expressly for letting your loved ones know exactly what is in your heart, I think I will go shopping.

The miniature donkey ranch in Titusville seems a very good place to start.

National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month at Kay's BBQ Restaurant, SR 520 in Cocoa. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

Free Caregiver Education & Resource Classes

Hospice of St. Francis will be offering Caregiving Education and Resource classes for current and future caregivers, their family and friend helpers. All classes were developed nationally in response to the issues caregivers, themselves, identified. Each class focuses on different issues a caregiver will face. Hospice of St. Francis' programs and training classes are offered free of charge to Brevard County residents.

The Caregiver Education and Resource Program is a series of six classes held over a three-week period in different locations in Brevard County. Upcoming classes will be held at:

* Cocoa Beach Library, 550 N. Brevard Ave., Cocoa Beach 32931

Mondays and Wednesdays from 4 p.m. to 5:30 p.m. starting January 22 and concluding February 7, 2018.

* Suntree United Methodist Church, 7400 N. Wickham Rd., Melbourne 32940

Tuesdays and Fridays from 1 p.m. to 2:30 p.m. starting January 30 and concluding February 16, 2018.

* Indian River City United Methodist Church, 1355 Cheney Hwy (SR 50), Titusville 32780

Mondays and Thursdays from 1 p.m. to 2:30 p.m. starting February 5 and concluding February 22, 2018.

To register, please contact Barbara Borman, RN at 321-269-4240 x3452, toll free at 866-269-4240 or e-mail her at caregiving@hospiceofst-francis.com.

Oh, The Humanity!

Playwrights Workshop of Brevard will present, "Oh, The Humanity!", a program of three original plays by local writers on Friday, February 2, and Saturday, February 3 at 8:00 p.m. and Sunday, February 4 at 2:00 p.m. at Surfside Playhouse, 301 Ramp Road, Cocoa Beach.

The plays are "Loophole" by William Roeder, "Cabin Chats" by Lisa Farrall and "Lost and Found" by Frank Merceret.

Admission is \$10.00. For information, call 321-720-1227 or go to www.playwrightsworkshopbrevard.org.

Be careful reading the fine print. There's no way you're going to like it.

Port St. John Public Library February Calendar of Events (321) 633-1867

Mon., Tues., Fri., 9 am - 5 pm; Wed., 12 - 8 pm;
Thurs., 10 am - 6 pm; Sat., 10 am - 2 pm

Yarning for a Cause: Mondays, 10 am-1 pm.

Master Gardener Clinic: Monday, 2-4 pm. Our master gardener will answer your plant questions. Bring samples.

Senior Games: Tuesdays, 11:00-3:00 pm. Join other seniors for a variety of card games, Rummikub, Dominoes, etc. Bring your favorite game and lunch or a snack.

SHINE - Serving Health Insurance Needs of Elders: Tues., Noon-3:00 and Weds., 1-4:00pm. Counselors assist seniors and the disabled with Medicare and Medicaid questions. Call for an appointment time 321-222-7981.

AARP Tax Preparation: Wednesdays, 12:30-4:30 pm. Bring your W-2 forms and other tax documents.

STIR - Story Time for Independent Readers: Thursdays, 3:30-4:30 pm. 1st grade and up. Pre-registration required.

Story Time: Fridays, 10:30. All ages welcome.

Yarn Club: Fridays, 2:00-4:00 pm. Knit, crochet and needle arts. Sit, talk and create. All ages and abilities welcome. Want to learn? We can help!

Overeaters Anonymous: Saturdays, 9:30-10:30.

Meetings and Events:

Feb. 1, 10-12:00 pm North Brevard Home School Co-op

Feb. 3, 11 am-1 pm Delta Sigma Theta

Feb. 7, 5:30 pm Adult Coloring Club

Feb. 7, 6:00 pm PSJ Special District Advisory Board Meeting

Feb. 8, Noon-1:30 pm Plant Swappers

Feb. 10, 10-Noon Port St. John Pokémon Club

Feb. 12, 5:30 pm Port St. John Public Library Advisory Board Meeting

Feb. 15, 10-12:00 pm North Brevard Home School Co-op

Feb. 21, 1-3:00 pm Bookworms Adult Book Discussion Group

Feb. 24, 10 am-Noon Port St. John Pokémon Club

Feb. 28, 6:00 pm Friends of the Library Craft Night.

Can Parents Love their Children Too Much?

One Woman's Opinion

submitted by Carmella Chinaris

My short answer, no! Parents cannot love their children too much. Love is the one thing above all that we provide our children to make them feel secure and happy. Yet, I do believe that because we love our children so much, we are making a few big blunders in parenting them.

Mistake number 1 is believing that love means granting all wishes. Children have needs, and from the time we bring them home their needs take precedence over our own. That is as it should be. However, what children really need is not a very long list. Love, food, clothing, safe shelter, health care and a quality education.

They have a much longer list of wants. They don't need fast food whenever they cry, "We want a happy meal." They need nutritious meals, and dare I suggest that they need to learn how to sit politely at the table and converse pleasantly with others as they consume those meals?

They don't need a smart phone. In fact, they don't need 24/7 access, especially unsupervised access, to the cyber world. There is much on the internet that is not for children; not just objectionable material, but complex ideas and graphic depictions of world events that children are not mature enough to process. A cell phone is a convenience, and while we do want to be able to check in with our kids, parents' texting with their children constantly during the school day is ridiculous.

They don't need 24/7 access to gaming. Too many kids are falling asleep on their school books because of 2 a.m. video or online game playing.

They don't need to keep up with the latest fashion trends. School clothes should be clean,

"Looking for Community-Minded People to Help Our Local Library"

Your \$5.00/year membership fee to the Friends of the Library of Port St. John will go toward funding many of the programs that your library offers. The children's programs, especially, would not be possible without the financial support that the Friend's of the Library offers.

Our next meeting will be February 28 at 6pm in the meeting room. Please come and join us!

You also can join by stopping by the Library and filling out a membership form and paying the \$5.00 fee.

Check out the Port St. John Library FaceBook page and see what we have been up to!

neat, and modest. Strategically ripped jeans for sixty dollars or two hundred dollars for sneakers is just not necessary.

They don't need to be entertained every waking minute. It's okay to be quiet and thoughtful. It's okay to daydream and learn to like oneself. It is essential to learn how not to be bored with only an imagination, or perhaps with only a good book for company.

Mistake number 2 is believing that love means trusting without question. We can absolutely trust our children to be children, young human beings. That means that they will mess up, break the rules, bend the truth a bit, and make bad decisions on occasion, just like all human beings. We need to ask all kinds of questions: Where were you? What is your homework tonight? Who will you be with? What is his mother's phone number so I can make sure that she will be supervising? Do ask questions, and check to make sure that the answers you are getting are accurate.

Mistake number 3 is believing that love means doing everything for your children. This ceases to be true the moment a toddler can pick up toys and drop them into a toy box. Children need responsibilities to learn how important and satisfying it is to fulfill them. They need to learn how to keep themselves and their environment clean, they need to learn how to fix a meal, wash their own clothes, speak with the doctor or with the auto mechanic or with their teachers. If children are not permitted to communicate with adults or advocate for themselves, they become adults who lack those important skills.

Mistake number 4 is believing that love means making excuses for your children. Children must learn to own their own behavior. They may indeed be extra tired, mildly stressed, somewhat sad, or a bit unwell. None of these entitles one to treat others carelessly or to abdicate all responsibilities. People might want to stop the earth from turning once in a while and take a little break, but that is not how real life works. We don't develop fortitude and perseverance without practice, and good manners can't be suspended whenever we are "having a bad day."

As parents, imperfect human beings ourselves, we are bound to make mistakes. I say that the mistakes we make from loving too much are the easiest to forgive.

The Lamp Stand

A monthly Church Bulletin Board for the community.
Attend A Church of Your Choice!

Blessed Sacrament Catholic Church

5135 N. Cocoa Blvd., Cocoa, FL, 321-632-6333

www.blessedsacramentcocoa.org

Saturday Mass, 4:30 pm.

Sunday Masses at 8:30 AM & 10:30 AM

Reconciliation at 3:30 PM on Saturdays

Brevard Zen Center

1261 Range Road, Cocoa, FL

Buddist Sunday Service 9:00am

Meditation in the Zendo 7:00pm

Calvary Baptist Church, 321-636-8056

1 1/2 miles south of 528 overpass, east side of US 1

Pastor Jay Frazier www.calvarybaptistincocoa.org

Sunday Morning Svc. - 10 a.m. (nursery provided)

Sunday Eve. Service - 6 pm, Wed. Evening - 7 pm

Christ Central Church, 321-636-7671

2010 N. Cocoa Blvd., Cocoa

ChristCentral51@gmail.com

www.cocoachurch.org

Bible Class: 9:00 – 9:45 AM

Worship Service: 10:15 – 11:30 AM

Christian Church at PSJ, 4645 Fay Blvd.,

Pastor Larry Sparrow, ccatpsj.org

ccatpsj.org -- email: ccatpsj@rocketmail.com

Sunday - Bible Study 8:30 a.m. Worship at 9:30.

Wednesdays - Youth Group, 7:00 p.m.

Church of Jesus Christ of Latter-day Saints

3000 South Street, Titusville. 2 Wards meet here.

Port St. John Ward... Bishop Kline

Port St. John Ward Sacrament Meeting, 9:30 PM

General, Stake & Ward information: www.lds.org

Cocoa full-time missionaries: 321-230-6395

Titusville full-time missionaries: 407-403-2973

Coastal Community Church, 321-639-7346

5795 Falcon Blvd., PSJ: coastalcommunity.net

Services on Sunday, 9 & 10:45 am.

Cocoa Presbyterian Church, 321-631-3956

1404 Dixon Blvd., Cocoa, cocoapc@att.net

Sunday: Church school 9:15 pm/Worship 10:30 am

Nurseries and Children's church

Cocoa 7th Day Adventist Church & School

1500 Cox Rd, Cocoa, Pastor Amado Luzbet

Church - 632-0640; School - 636-2551

www.cocoasda.org

Saturday Sabbath School classes all ages, 9:45 am.

Worship at 11:30 am; Wed. Bible Study, 7:00 pm.

Community Alliance Church

321-639-1717. 4855 Fay Blvd., PSJ

Sunday School (all ages), 9:30 am

Sunday Worship 10:45 am and 6:00 pm.

Wednesday Youth, 7 pm.

Covenant Life Fellowship (321) 639-7734

Tolerance of other faiths imparts to us a truer understanding of our own.

Non-Denominational - Pastor Jamie McIlwain

3770 Curtis Blvd., PSJ.

Sunday Service, 10:30 am

Wednesday Worship, 6:30 pm

Day Spring Church, (407) 516-5767

4725 Fay Blvd.,

Kid's Service: Wednesday, 6:30 pm

Service: Sunday, 10:30 am

Prayer Time: Sunday, 6:30 pm

Discovery Christian Church (321) 636-0316

3925 Grissom Parkway, Canaveral Groves

Bill Thompson - Preaching Minister

Sunday School - 9:30 a.m. Classes for all ages.

Worship Service: 11:00 a.m.

East Coast Christian Center Cocoa Campus

1855 Friday Rd., Cocoa. (321) 452 1060

First Assembly of God (321) 632-5228

3757 N. US Hwy. 1 Pastor Les Ray

Sunday School, 9:30 am, Worship 10:30 and 6:30 pm

Wednesday, 7 pm, Bible Study: Rainbows (3-4),

Royal Rangers (boys 5-12), Missionettes (girls

5-12).

Wednesday, 7 pm, Youth Group Fellowship.

First Baptist Church of Port St. John

(321)636-5455

3900 Fay Blvd., www.firstbaptistpsj.com

Sunday School 9:15

Worship & Kid's Church 10:30 am.

Adult Bible Study, 7 p.m. Wednesday

Wednesday: TeamKids & Youth, 6:30-8 pm.

Thrift Store Hours: M,T,Th,F, 10 - 4. W&Sat, 10 - 2

Food Pantry Hours: M & W, 10 am - 1 pm

First Baptist Church of Cocoa (321)636-2868

750 Brevard Ave. in Historic Cocoa Village

Worship 11 am & 6 pm, Sunday School 9:30 am

Wednesday Service/Youth Prayer & Share, 6:30 pm

<http://baptist1.com/church/fl/cocoafbc>

First Free Will Baptist Church

Pastor Darrell "D" Miller, 795-4780.

5311 Barna Ave. Titusville 269-4033, 268-1705

Sunday School 9:00 am, Morning Worship 10:00 am

Sunday Evening Service 6:00 pm

First United Methodist Church, (321) 631-0183

Rev. David Charlton at 1165 Fay Blvd.

Contemporary service - 9:00 am

Sunday School - 10 am; Traditional Service, 11 am

Wonderful Wednesday Worship, at 7 pm

Senior (High) Youth & Jr. (High) Youth at 3 pm, Sun.

Kingdom Kids, K - 5, meet at 3 pm. Sunday

Frontenac Baptist Church (321)636-1369

5500 N. US Hwy 1 Pastor Bill McInnish

Sunday School - 9:30 a.m.

Morning Worship - 10:30 a.m.

Wednesday Evening Meal, 5:30 pm

Wednesday Bible Study, 6:00 pm weekly.

Gloria of God Anglican Church (321)632-6812

3735 N. Indian River Dr., Reverend Paul W. Young

Sunday service at 9:30 a.m.

Good Shepherd Lutheran Church

2073 Garden St., Titusville, 321-267-4323

Pastor Bruce Alberts; titusvillelutherans.org

Traditional Worship, 8:30 am; Contemporary, 11:00

HOPE United Church of Christ, 636-0250

2555 Fiske Blvd.

Reverend Celestine Slater-Brooks

Sunday School, 9 a.m. Children's Service - 10 a.m.

Sunday Morning Service - 10 a.m. (w/nursery)

<http://www.hopeucc.com>

Ma'gen David Messianic Synagogue

Rabbi Jem Golden (321) 213-2259

3815 N. US1, Suite 123 in Cocoa Commercial Ctr.

Erev Shabbat Service - Friday, 6:30 pm

Messiah Evangelical Lutheran Church ELCA

Pastor Tom Unrath, (321) 636-0777

400 Lucerne Dr. Cocoa

Sunday Worship Service - 10:00 AM

Bible Study - Wed. 6:00 PM

Ministerio Un Nuevo Comienzo

(A New Beginning Ministry)

2010 North Cocoa Blvd., Cocoa

Miercoles (Wednesday); 7pm

Domingo (Sunday); 7pm

New Life Christian Fellowship 269-7578

Pastor Larry Linkous www.findnewlife.com

Interdenominational Multi-Cultural Ministry for

Entire Family 6755 S. Washington Ave.

Sunday - 9:00 & 11:00, Wednesday - 7 pm

Nursery & Children's Church available all services

Northwest Baptist Church, 1720 Cox Rd., Cocoa

321-638-0890; www.nwbcofcocoa.org

Sunday School for all ages, 9:00 am

Classic/Modern Worship Service, 10:30 a.m.

Sunday evening, 6 p.m.; Wed. Nights, 7 p.m.

Pentecostals of Cocoa, 636-6560

1901 Michigan Ave., Cocoa

Sunday Worship at 10am; Sunday School at 10:30

am

Sunday evening Evangelistic Service, 6 pm

Redeemer Presbyterian Church 264-0035

Meeting at 5005 Barna Ave., Titusville

Worship Celebration - Sundays at 10 am

Christian Education - Sundays, 11:15 am

www.myredeemer.cc

St. Gabriel's Episcopal Church, 321-267-2545

414 Pine St., Titusville www.stgabs.org

The Rev. Rob Goodridge, Rector

Sat's: 5:30pm Rite II (Contemplative)

Sun's: 7:30am Rite I (Historical), 9:30am Rite II



(Traditional), 11:30am Rite III (Contemporary)
 Wed's: 6pm Taize Mediation Service
 Thur's: 11am Healing Service
St. Patrick's Anglican Catholic Church, 632-7634
 4797 Curtis Blvd. Bishop John Vaughan, Rector
 Mass Sunday at 8, 10 & 5:30 and Friday noon Mass
 Wednesday Mass, 6:30 pm, then Pot Luck Supper
 Alcoholics Anonymous, Sun., 5 pm, Tuesdays and
 Thursdays, 6:30 pm
 Narcotics Anonymous, Mondays, 8 - 10 pm.
 1st Friday Rosary every month at 6 pm.
Sun Valley Christian Church, 321-264-1337
 4825 S. Barna Ave., Titusville, Minister Reggie Reed
 Sunday School at 9 am, Worship at 10 am & 6 pm
 Ladies Group each Tuesday and Thursday
Surfside Community Fellowship, 321-607-2111
 thesurfsidefellowship.com
 Pastor Dr. Erick Brookins
 1720 Cox Road, Cocoa
 Sunday Services at 9:00 & 10:30 am.
 Saturday night at 6:00 pm
Titusville Church of Seventh-day Adventist
 Pastor Amado Luzbet. ALL are welcomed.
 5005 Barna Ave. 267-8893.
 Saturday Worship, 11 am. Sabbath School, 9:15 am.
 Wednesday Bible Study and Prayer, 7:30 pm.
Trinity Community Church

Tim Merwin, Sr. Pastor
 6750 South U.S. 1 (3 miles north of Fay Blvd.)
 Sunday Celebration at 10 am
www.sgcfla.org sgcoffice@sgcfla.org 268-8004
Trinity Lutheran Church & School - LCMS
 1330 S. Fiske Blvd., Rockledge, 636-5431
 Michael Hageman, Pastor
 Worship: 10:30 am
Trinity Lutheran Church-LCMC
 Pastor David Trexler | Dial-A-Story, 607-6742
 3671 S. Hopkins Ave., Titusville, FL 32780
 Sunday Worship Service 9:30am
Unitarian Universalist Congregation of Cocoa
 1261 Range Road, Cocoa. www.uucocoa.org
 Sunday Service 11:00am
Unity of Merritt Island, 321-452-2625
 4725 N. Courtenay Pkwy, Merritt Island
 Reverend Rose Whitham
 Practical Christianity. Sunday Services at 10 am
www.unitymerrittisland.org. We are on Facebook.
Victory Baptist Church, Pastor Raymond Hall
 632-6148 at 242 Capron Road, PSJ.
www.victorythroughjesus.org
 Sunday Bible Study at 9:30 am.
 Sunday Worship Service at 10:30 am and 6 pm.
 Children's clubs and teen groups
 Prayer Service, Wednesday, 6:45 pm.

Victory Worship Center, 431-7964
 Pastors Jeff & Nancy Kleinman
 Meeting Sundays, 10AM
 Wednesday Mid-Week Manna & Prayer, 7-8 PM
 Community Center, 4201 US Hwy 1, Cocoa

First Friday Rosary

Come join us on Friday, February 2, 2018 at
 6 PM in Port St. John, located at 3805 Fay Blvd.
 There will be Rosary, Family and Friend
 Prayer Hour with coffee & cake to follow.
 Call Deacon Frank Cossentino at 321-208-
 2356 for more information.



Calling All Christian Authors!

Dynamic writers group in Cocoa, FL, offers
 training, critiques and paid writing opportunities.
 (2nd Sundays 2-4:30 pm at the Cocoa library.)
 Contact D.P. Clarke at 1royaldy@gmail.com
 for more information. Print "Writers Group" on
 the Subject line.

**ARE YOU READY TO
 TAKE THE NEXT STEP?**

Fully Accredited Ministry Training

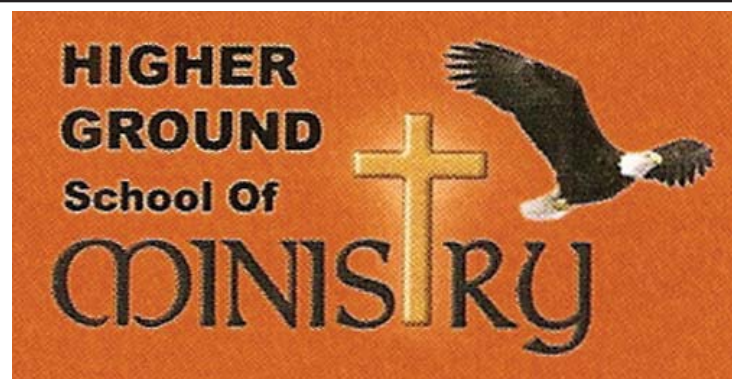
When: Tuesdays at 7:00 pm

Where: Prince of Peace Church
 6895 Murrell Rd., Viera

Contact:

Gary Stafford, 321-446-0277

Tom & Cindy Kirk, 321-302-4753



Higher Ground School of Ministry provides ministry
 training and credentials empowering those called to the
 ministry. Classes are available online, accessible from
 desktop, laptop and mobile devices including iPhone
 and iPad, at www.hgsmedu.org.

- * Fully Accredited
- * Earn Ministry Credentials
- * Tuesdays, 7:00 pm

386-738-7077

higherground_1@msn.com

www.highergroundministries.org



God bless you!

Catherine Schweinsberg Rood Central Library

308 Forrest Ave. Cocoa
(321) 633-1792

February 2018 Adult Programs

Enjoy an atmosphere of relaxation and creativity at Adult Coloring on Mondays from 10am 'til noon. Supplies are provided. FREE.

Participate in the Watercolor Techniques class with Pearl Ollie; all skill levels are welcome. Tuesdays from 10am 'til noon. Cost is \$10, supplies included.

Learn how to manage blood glucose levels naturally at the Diabetes Control Class. This is weeks 5 & 6 of a six-week course (February 3rd and 10th), 9:30 am 'til noon. This is a free, six-week course; materials are provided. Pre-registration is required.

Join us for Popcorn and a Classic Movie, showing a Marlon Brando classic on Thursday, February 1 at 2pm. FREE ADMISSION.

Reduce daily stress and anxiety at the Guided Breathing Meditation class on February 1, from 6:30pm to 7:30pm. Cost is \$5.

February's Popcorn and a Movie stars Judy Dench as Queen Victoria, who strikes up an unlikely friendship with her young Indian clerk on Thursday, February 8 at 2pm. PG-13, FREE

ADMISSION.

Give your credit a boost with tips from the Your Credit Score financial workshop. This is part 2 of a 3 financial wellness seminar given by a local credit union representative on Thursday, February 8 from 6-7:30 pm. FREE.

Learn the basics on emailing at the Intro to Email class on Wednesday, February 7 at 10am. Cost is \$5.

Discover the health benefits of essential oils at the class on Thursday, February 8 at 10am. FREE.

Hear the Barbershop Chorus of the Greater Canaveral Chapter render some acapella harmony singing on Sunday, February 11 at 3 pm. FREE ADMISSION.

Popcorn and a Classic Movie features Bing Crosby and Ingrid Bergman in a 1946 Academy Award winning film sequel on Thursday, February 15 at 2pm. FREE ADMISSION.

Join the monthly Mystery Book Club where everyone reads a different book on a common theme. February's theme is Forensics. The discussion will be on Thursday, February 15 from 12:30pm-3pm. Contact the Reference Desk for more information.

Learn the basics of the Android operating system on Wednesday, February 21 at 10 am. Cost is \$5 per person. Call the Reference desk to pre-register.


Attend the jewelry class with Normandie on February 22, from 1-3 pm. February's craft will be Wire Wrap Jewelry. Call Normandie at 321-225-1394, or email: thebeadladiesarehere@gmail.com for more information, or to register. Cost is \$15.

Join us for Popcorn & a Classic Movie, showing the musical starring Gene Kelly and Debbie Reynolds on Thursday, February 22 at 2 pm, Rated G, FREE ADMISSION.

Grace Carlson will demonstrate through song and narration what it meant to be a slave, and the significance of those songs. Come out for this enlightening Black History Month presentation, History of Slavery Through Story and Song on Saturday, February 24 at 3pm. FREE.

Don't miss our Creative Lab's Tech Tuesday on February 27 from 5-6 pm. The featured activity is 3D Jewelry Creations. Contact the Creative Lab for more information and pre-registration.

Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.



Canopy
INSURANCE AGENCY

TAMMY GLEASON, Agent
HOME | AUTO | BUSINESS | LIFE

1178 Fay Blvd, Port St John, FL 32927 • (321)633-1500

Let us do the shopping for you!



NORTH BREVARD
ART LEAGUE
presents the

**54th Annual
Art Show
and Competition**

in conjunction with the Playalinda Festival of the Arts

February 2nd, 3rd, & 4th, 2018
Titus Landing
Titusville, Florida

Exhibit hours are
Friday, February 2nd from 4 pm to 9 pm
Artist Mix and Mingle from 5:30 to 9 pm
Saturday, February 3rd from 12 pm to 9 pm
Sunday, February 4th from 12 pm to 4:30 pm

Over \$4000 in awards!

For a prospectus and more information visit
www.northbrevardartleague.com
or www.playalindafestival.com

Walter Butler Community Center - February, 2018

Bernice G. Jackson Park, 4201 North US Hwy. 1, Sharpes

The center is open Monday–Thursday from 10 - 8 pm, Fridays from 9 a.m. to 6 p.m. and Saturday 10 a.m.-2 p.m. Schedule is subject to change. Call 433-4448 for latest information.

Mondays - Fridays

Pickleball, 11 a.m.-2 p.m.

Kids in Motion, 2-6 p.m.

Open Gym, 6-8 p.m.

Open Computer Lab, 6-8 p.m.

Girl Scouts 5:30-7:30 p.m. (Every other Monday)

Tuesdays

Pickleball, 11 a.m.-2 p.m.

Kids in Motion, 2-6 p.m.

Open Computer Lab, 6-8 p.m.

Boy Scouts, 3:30-4:30 p.m. every other Tuesday

Wednesdays

Pickleball, 11 a.m.- 2 p.m.

Open Computer Lab, 12-2 & 6-8 p.m.

Kids in Motion, 2-6 p.m.

Volleyball Fundamentals, 5-8 pm

Open Gym, 6-8 p.m.

Thursdays

Pickleball, 11 a.m.-2 p.m.

Open Computer Lab, 12-2 & 6-8 p.m.

Kids in Motion, 2-6 p.m.

1st & 15th - Girl Scouts Troop 373, 5-7 p.m.

Volleyball Fundamentals, 5-8 p.m.

Open Gym, 6-8 p.m.

Fridays

Open Gym, 9 -11a.m.

Open Computer Lab, 10 a.m.-2:30 p.m.

Pickleball, 11 am-2 pm

Kids in Motion, 2-6 p.m.

Saturdays

Basketball League, 10 a.m.- 2 p.m.

Open Gym 10 a.m. - 2 p.m.

Persons With Disabilities Dances are held every 1st and 3rd Friday of the month from 7-9 p.m. all ages welcome.

For more information contact Andrea Chestnut at 321- 264-5058 or 321-264-5105.

Basketball Fundamentals - Program designed for boys and girls ages 5 to 8. Each week the participants will learn/review basic basketball skills and apply them to a variety of drills. Games played but primary focus will be to build on and improve the skills sets of each participant. Practice will be held Monday and Tuesday 3-4 p.m. For more information contact Donovan Gilbert at (321)433-4448.

Zumba Classes - Zumba is an adult dance-based fitness class that uses a fusion of Latin and International rhythms with easy-to-follow moves. It includes both cardio and resistance training components designed to tone and sculpt the entire body. Zumba is designed for adults of all ages and fitness levels. Class participants exercise in a healthy, fun, party-like environment. Classes will be held Tuesday, Wednesday and Thursday, 6-7 p.m., \$5 per class (discount punch cards available). Contact Debbie Kowaleuski at (321) 403-6918 for more information.

Volleyball Fundamentals is a class which teaches proper playing techniques and teamwork. This class focuses on teaching beginners how to properly bump, set, spike and more. Classes will be held on Wednesdays & Thursdays 5-8 p.m. For more information contact Donovan Gilbert at Walter Butler Community Center, 433-4448.

Kids in Motion - After school program that focuses on anti-bullying and educational hands on projects that helps to stimulate learning, and growth; such as the Choice Program, 4-H Club and Stem Programs to enhance learning. Monday-Friday 2-6 p.m. \$30 a week. Discounts do apply if you live in the target area and if the child is eligible for free or reduced lunch and if the household receives any assistance. For more information contact WBCC at (321)433-4448.

Brevard County 4-H Junior Master Gardner Program - The Junior Master Gardner Program engages participants in novel, hands-on group and individual learning experiences that promote

a love of gardening, develop an appreciation for the environment, and cultivate the mind. Classes will be held on Tuesdays and Thursdays, 3:30-4:30 p.m. For more information contact Jan Jordan at WBCC, (321)433-4448.

Agging Matters in Brevard Presents Vitas Support Group,

“The Layers of Grief” Series

The Sunflower House, a service of Aging Matters in Brevard, announces a 6-part Series presented by Vitas Support Group, “The Layers of Grief.” Each session covers a different topic. Participants may attend an individual session, or all sessions.

The presentations will be held at the Sunflower House on Tuesday, February 6, “Choosing to Live Healthy;” Tuesday, February 20, “Tending to Your Spirit;” Tuesday, March 6, “Challenges in Everyday Decisions;” Tuesday, March 20, “Welcome to the New Me;” and Tuesday, April 3, “Review and Reflections.”

The Sunflower House is located in the Merritt Square Mall at 777 E Merritt Island Causeway, Suite 201, Merritt Island, Florida. Advance Registration is required. For more information or to RSVP, call Joanne Barney at (321) 752-2564.

Aging Matters in Brevard is a non-profit organization whose mission is to promote and maintain independence and maximize quality of life for the citizens of Brevard County, particularly the elderly and disabled. Aging Matters in Brevard offers a wide variety of services to enable seniors to live safely and independently in their own homes.

For more information, visit www.AgingMattersBrevard.org.

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 _____ May we include your phone number on our membership roster to CGHI members? Yes No

**Won't you come join us? We meet on March 8th at the Discovery Church,
3925 Grissom Pkwy. at 7:00 pm. www.CanaveralGrovesHOA.com**

SLEEPY HOLLOW



Seafood & Music Festival

The Space Coast Seafood & Music Festival (formerly the Port Canaveral Seafood & Music Festival) will take place February 15 -18, 2018, at Space Coast Daily Park, in Viera.

This exciting family event, will include a wide selection of fantastic seafood, top flight entertainment, premier Arts & Crafts Show, a Pirates Festival and Parade, a Kids Zone, – and numerous other special events. The seafood festival will also feature a fun fair midway, all four days and nights, with state fair rides, games and fun.

Featuring fresh mouth-watering seafood provided by vendors both local and from all over the United States, don't miss this signature event that will attract tens of thousands of attendees from all over Florida.

FESTIVAL HOURS:

Thursday, February 15:	5 pm – 11 pm
Friday, February 16:	5 pm – 11:30 pm
Saturday, February 17:	10 am – 11:45 pm
Sunday, February 18:	10 am – 6 pm

TICKETS: Seafood Festival Daily tickets are \$8 each in advance or \$10 on the day of the event. Festival tickets do not include admission to the concerts with Don McLean, Willie Nelson and Los Lonely Boys. The festival ticket is good for all the other entertainment during the fun event.

A four-day, Seafood Festival pass is just \$29, which is good for all four days of the festival, but does not include the major concerts with Don McLean and Willie Nelson. It does include general admission access to the concerts with the Space Coast Symphony and The Wailers.

Panama Pearl, the most beautiful and mysterious pirate captain of all, invites all swashbucklers to her vast pirate encampment in the eastern regions of the festival. Two broad pirate ships have run aground there, where pirates, young and old, may enter the ships and explore their decks. Panama Pearl herself will sit and tell tales of the sea adventures of her and her fellow pirates. Cannons will rain down foam cannon ball wars during the fun times at the encampment.

Individual Concert ticket prices start at \$20 for General Admission for one concert and include festival admission. A 4-day, Concert pass is just \$49 and is good for all four days of concerts and 4 days of access to the festival. All concert tickets include Seafood Festival admission.

All tickets are available at all Ticketmaster locations. All Walgreens stores will have Seafood Festival and concert general admission tickets for sale. Reserved concert tickets with seats are only available at Ticketmaster. Call Ticketmaster at 1-800-745-3000 visit www.ticketmaster.com.

The hugely popular Paul Bunyan Lumberjack show will present two shows on Thursday and Friday evenings and three shows on Saturday and Sunday.

This action-packed historical, educational, humorous lumberjack show features log rolling, chopping, sawing, axe throwing, dragster chainsaw and much more. Don't miss the Paul Bunyan Lumberjack Show at the seafood festival

No food or beverages, coolers, chairs, alcohol of any kind, weapons or umbrellas may be brought into the event.

There are no refunds, exchanges or rain checks for any reason. Gate admission does not include seafood, food or beverages. Children under 10 are free. Bags will be checked for inappropriate items. Please be courteous and avoid bringing prohibited items.

Parking is \$5 and VIP parking is \$10.

All shows are free with festival admission.

Browse through the wide variety of arts and crafts exhibitors, where you will find hand-made, beautiful works of art, from glass, to wood, to jewelry to pottery – you are sure to find something to take home. Many Marketplace vendors will also be on site with their offerings.

Join your Space Coast Symphony Orchestra and friends for a free concert under the stars! Presented by Space Coast Daily, this thrilling program will feature rousing classics; old and new. The orchestra, under the baton of Aaron Collins, will present a family-friendly program featuring works by Richard Rodgers, George Gershwin, John Williams, Hans Zimmer, ABBA, Andrew Lloyd Webber, The Beatles, and more. The concert will finish with a big bang featuring Tchaikovsky's iconic 1812 Overture – complete with cannons! Guests are invited to bring family and friends. Arrive early for a musical instrument petting zoo and pre-concert family fun!

Questions? Call the festival at 1-855-386-3836, 321-323-4460, 321-615-8111 or 321-302-6565 or visit www.spacecoastseafoodfest.com.

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host a Singles/Couples Ballroom Dance on Saturday, February 10th. 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. Music will be provided by Janice and Rene. The cost is \$6; \$5 for members.

MASC will also host a dance on Saturday, February 24th. Doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Music will be provided by Janice and Rene. The cost is \$6; \$5 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.



After 63 years one, finally got me. Of all dogs, one finally got me, from the back, in the calf of my left leg. It was a Min-Pin.

Calling on a friend by knocking on their front door, I heard 2 dogs barking belligerently behind the house. There was no sign in front, "Beware of the dog," to warn me. Thinking it was their neighbor's dogs, I walked to the rear of the house, to the right and right again and was face to face with a large, docile Labrador type who was friendly, but a little miniature Pinscher circled around me and bit me in the calf of the left leg.

He retreated quickly, still barking, when he realized he successfully got me and I continued backing up, until I was out of the reach of their ropes. Sitting down at the front door on a beverage cooler, stilling the flow of blood, the owner arrived from the street, having visited in the neighborhood.

She was very upset that her little sweetheart, a tiny Min-Pin, had bitten me. The ropes were long and the dog had found a stranger in their home yard.

This true story is gratefully submitted to all the readers of our Canaveral Groves newspaper

by the first Woman State Dog Warden of the State of Connecticut. Appointed after the passing of the Equal Rights amendment in the 1950 years, she was selected from an over 200 applicants group, placing first in a state exam, in 1952. She has been a happy & grateful resident of Brevard since 1970.

Ed. Note - Owners, be aware that a Warning sign might save a friend a bite and you a legal issue if your dogs does what dogs do: Defend.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724, Merritt Island (EAA724) will hold their next meeting on January 10th in the club house on Merritt Island Airport at 7:30pm.

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, contact President Don White at don@eaa724.org or 321-266-7410, or visit their website at www.eaa724.org.

A Parting Shot...

An elderly couple had dinner at another couple's house and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant. It was really great."

The other man asked, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What's the name of that flower you give to someone you love? You know, the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



Monday-Thursday: 11:00 a.m.-9:00 p.m.

Friday: 11:00 a.m.-10:00 p.m.

Saturday & Sunday: 7:00 a.m.-9:00 p.m.

DINE IN OR TAKE OUT

321-638-4130



Weekday Lunch Coupon



One Per Check (not valid with any other offers)

Only Good for Weekday Lunches

**NOW SERVING
LIQUOR!**



PORT CANAVERAL'S

New Healthcare Center

OPEN 7 DAYS A WEEK

Monday–Friday 8 am–5 pm | Saturday–Sunday 8 am–1 pm

Parrish Healthcare Center Services Include:

Primary/Walk-in Medical Care
Occupational Medicine
Workers' Compensation Care
Diagnostics
Physical Therapy
Industrial Rehabilitation
Sleep Disorders Care



PARRISH HEALTHCARE

390 Challenger Rd., Cape Canaveral
(Just off George King Blvd.,
across from Cruise Terminal #1)

321-633-8640

parrishhealthcare.com