

# HAPPENINGS

ISSUE NO. 354

NOVEMBER 2019

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. www.happenings.net

## Lots of Holiday Happenings!

**Space Coast High School Project Graduation** will be holding a Fall Festival at Fay Park (3615 Depot Ave.) on November 16th from 11 am to 3 pm. The Festival will include a Family Fun Zone, vendors, food trucks, a bake sale, game booths, inflatables, be kid friendly and fun for all.

Game and inflatables tickets will be sold at the event. Tickets are \$6 for 10 tickets.

### Craft Bazaar and Bake Sale

The United Methodist Women of Indian River City Methodist Church are holding their Annual Craft Bazaar and Bake Sale on Friday, November 8th from 9 am – 7 pm. All items are handmade and all proceeds go to help support local missions.

A Spaghetti Dinner will be served from 5 pm – 7 pm by the ladies of MOPS.

Tickets for the dinner can be purchased at the church office. The event is located at 1355 Cheney Highway in Titusville in Wesley Hall, the building on the back of the campus. For more information, contact Cassell at 321-267-3950.



**NOVEMBER 16th**  
11:00 AM - 3:00 PM

FAY PARK  
6315 DEPOT AVE COCOA, FL 32927

### FAMILY FUN ZONE

- Vendors
- Game Booths
- Food Trucks
- Inflatables
- Bake Sale
- & More!

GAME & INFLATABLES TICKETS SOLD AT EVENT  
10 TICKETS for \$6

### Fall for the Arts

Brevard Arts Academy is hosting “Fall for the Arts,” a day to celebrate the arts and local artisans who give back to the community on Saturday, November 12th, 10 am-2 pm. The event is FREE to attend! All ages welcome! Several artists and artisans, including authors for signings, and a photo booth photographer will be there along with other ‘sense stimulating’ vendors.

Proceeds from booth sales will benefit art scholarships and the Jimmy Jack Foundation “Pennies From Heaven” fundraiser to help kids reach their musical dreams.

Kona Ice will make a stop and there will be fun activities for the kids, performances, giveaways, raffles and lots of gifts and items on sale.

Brevard Arts will present their check and donations to the Jimmy Jack Foundation in Branson, MO on December 13th. Anyone who wants to donate funds, host a table or donate new or gently used musical instruments may contact Miss Jackie Jordan, National Director, at 321-403-4904 or www.mybrevardarts.com .

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## Monday - Saturday 3:00 - 6:00

### House Liquor \$3.<sup>00</sup>

### ~ Pick-Up / Delivery Specials ~



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## FREE Small Cheese Pizza When You Buy 2 Calzones at Regular Price



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# PSJ Community Center Schedule - November, 2019

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

## Mondays – Fridays

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

## Mondays

11th - Center Closed for Veterans Day Holiday

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

Game Room/Computers, 10 a.m.-8 p.m.

Billiards, 10 a.m.-8 p.m.

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

## Tuesdays

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

Game Room/Computers, 6-8 p.m.

Billiards, 10 a.m.-8 p.m.

Girl Scout Troop 1902, 4-5:15 p.m.

Girl Scout Troop 276, 6-7 p.m.

## Wednesdays

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

Game Room/Computers, 10 a.m.-8 p.m.

Billiards, 10 a.m.-8 p.m.

Dreamweavers, 1-3 p.m.

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

## Thursdays

28th - Center Closed for Thanksgiving Holiday

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

Game Room/Computers, 10 a.m.-8 p.m.

Billiards, 10 a.m.-8 p.m.

## Fridays

29th - Center Closed for Thanksgiving Holiday

Outside Basketball, 10 a.m.-6 p.m.

Game Room/Computers, 10 a.m.-6 p.m.

Billiards, 10 a.m.-6 p.m.

## Saturdays

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

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

**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 environment. Ages 12 years and up. Classes will be held Mondays and Wednesdays from 6-7 p.m. \$5 per class. For more information contact the Port St. John Community Center at (321)633-1904.



Fay Lake Fall Festival on Saturday, November 2nd at Fay Lake Wilderness Park. This event is new to PSJ and sponsored by the Port St. John Community Foundation, the same group who brought back Thunder Over the Indian River earlier this year. The Festival will run from 10 am to 4 pm and we'd would love for PSJ residents to take part. The day will include live entertainment, a pumpkin eating contest, chili cook-off, talent show, hay ride, game booths, Bounce Houses, Craft Fair, demonstrations and a Turkey/Pilgrim Costume Contest. Don't miss the fun! Check out the Facebook page for information: [www.facebook.com/PortStJohnCommunityFoundation/](http://www.facebook.com/PortStJohnCommunityFoundation/).

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## Good Day! by Maureen Rupe New High Tech Uses of Bio-solids

As I have mentioned many times in the past, sewage plants are not as good as some politicians imply. The leftover biosolids after treatment may contain pathogens (Class B) or may not (Class AA). Class B biosolids are spread in designated areas (like the west end of Ranch Road in Port St. John), or with Class AA, treatment plants spread it by liquid (reclaimed water) around our cities, and it gets sold to farmers to spread on their ranches. They don't even have to track where they spread it. Hopefully it's not close to our rivers, lakes and lagoons.

As our Florida's waters are becoming overrun by algae throughout the state, the government is starting to listen to the residents, but only just. They are now talking about setting up rules for where these bio-solids are put. There's even talk of shipping it to other states that are nutrient deficient, like Nevada.

What I don't understand is why are we just moving the problem to someone else? In Brevard County, the County Commission set up a ban that only applies to new application requests. That

sounds great, but as there are so many application requests already approved and in place, the ban is essentially eye candy that only makes folks feel like something was accomplished. It wasn't.

What we need is thinking outside the box. We can't just move our problems to someone else. We need high tech solutions. What are the other solutions people are trying?

### Construction:

The construction industry is carrying out various studies to use biosolids for construction. An article by Lisa McDonald found on The American Ceramic Society titled, "Do the environment a (bio)solid—use bio-bricks!" told about one option using biosolids to make bricks.

About 1,500 billion bricks are made every year around the world. "More than 3 billion cubic metres of clay soil is dug up each year for the global brickmaking industry," Abbas Mohajerani, lead investigator and associate professor in RMIT's School of Engineering, says in an RMIT University news release. "Using biosolids in bricks could be the solution to these big environmental challenges."

It was found that bricks made with biosolids

had more insulation abilities, another benefit. They even found they could use all biosolids in the world by using them just in building bricks.

"Based on the results found in this comprehensive study, this paper proposes the inclusion of a minimum of 15% biosolids content into 15% of brick production in order to completely recycle all the approximately 5 million tons of annual leftover biosolids production in Australia, New Zealand, the EU, the USA and Canada."

A Technical Paper on the American Society of Civil Engineers by A. Arulrajah, M. M. Disfani, V. Suthagaran and M. W. Bottled Laboratory Evaluation of the "Geotechnical Characteristics of Wastewater Biosolids in Road Embankments" told about another study testing the use for road embankments, but it was found at least untreated biosolids didn't have sufficient bearing capacity to use as a fill material unless it was mixed with an additive or a high-quality material to enable it as an engineering fill material. They also found special protection would have to be done to prevent leaching of contaminants such as nitrogen, phosphorus and total organic carbon, especially near water bodies. An article by

*Port St John*  
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Associate Professor Kartini Kamaruddin on the Research Management Institute RMI website titled, "Turning Sewage Sludge into Concrete," told about research in Malaysia where they found biosolids could be used as partial replacement for concrete. They dried and ground biosolids into powder and added the powder to concrete in various quantities such as 3%, 5% 7%, 10% and 15%. It did show more resistance to salt, but unfortunately, they found both water absorption and water permeability increased as percentage increased.

A paper prepared by Goce Vasileski and published by the Canadian Water and Wastewater Association told of a project in Japan where the paper stated, "Where Eco-cement is a new type of Portland cement being developed not only to solve the municipal and industrial waste problem caused by limited availability of landfill sites, but also to contribute to the protection of the environment by providing a complete recycling system of wastes that would otherwise be dumped. This new cement is designed to use municipal waste incinerator ash as up to 50% of raw materials. Eco-cement consists of the same

main components as normal Portland cement and process a complete recycle system for municipal and industrial wastes. The recently constructed Eco-cement plant, in Ichihara, Japan, will use incinerator ash from 26 cities and municipalities, and has a production capacity of about 350 metric tons per day using the Eco-cement process."

#### Land and Mine Reclamation

The Canadian Water and Wastewater Association paper covered a number of areas for land and mine reclamation. In King County, Washington, the paper stated, "The Mountains to Sound Greenway Trust applied GroCo biosolids compost to revegetate scars in logging roads in the foothills of the Cascade Mountains."

In Everett, Washington, it stated, "the City of Everett restored 1.25 acres of land to its previous wetland characteristics by using biosolids, biosolids compost and yard debris compost. The nutrient-rich organic material provided an excellent growth medium for native wetland plant species while stabilizing slopes." I hope it was treated to at least Class AA.

In Palmerton, Pennsylvania, two smelters have produced zinc and other products since

1898. There were 33 million tons of residuals at this Palmerton Superfund site. Due to the emissions, there were over 2,000 acres of lost vegetation. Metal levels were so high it stopped all microbial action in the soil, which left a wasteland.

#### Energy Recovery

The same Canadian Water and Wastewater Association also discussed many other aspects of using biosolids. Many of the ideas are the same old ideas we are using now, such as spreading on agriculture land and even human agriculture, I assume being more higher grade Class AA and reclaimed water, but that seems to be the way Florida is using it, so I'm not going into these areas.

But I will go into Energy Recovery, first by Incineration. In Abby Wood, United Kingdom, they have a Sludge Powered Generator by Thames Water which has been generating power since 1998. The Sludge Power Generator can produce up to 5 Megawatts – about ¾ of the site's electricity requirements. The generator is started with natural gas burners, and once the

*cont., next page*

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## Good Day!, cont.

generator is up to temperature, the gas burners are turned off. More can be found at: [http://www.thameswater.co.uk/en\\_gb/Downloads/PDFs/Wastewater\\_Crossness\\_260606.pdf](http://www.thameswater.co.uk/en_gb/Downloads/PDFs/Wastewater_Crossness_260606.pdf).

## Water and Electricity:

A Science Times April 30, 2019 article by Diwakar Methil titled, "Turning Sewage into Drinking Water" tells us about the Bill Gates Foundation's 2015 investment behind the Janicki Omniprocessor. The Janicki Omniprocessor, built by a Washington state company called Janicki Bioenergy, changes human waste into clean, drinkable water and electricity; enough electricity to run the Janicki Omniprocessor plus enough to send electricity back to the grid. In developing countries, it's pretty much a miracle.

According to a few articles, they stated, "Today at least 2 billion people use latrines that aren't properly drained, and diseases caused by poor sanitation kill some 700,000 children every year." This is both a water plant and a sewer plant. It even generates electricity, so it's three plants in one. In space, astronauts do the same, and even if you don't want to use it for drinking, the

water can be used for bathing, washing, or even watering our plants.

I found a Treasure Coast TCPalm.com article by Lucas Daprile, titled, "Janicki Bioenergy tries to sell Florida on drinking water from wastewater," where it stated that back in 2017, "Janicki's scouts have met with officials from DEP, Florida Gov. Rick Scott's office, Miami-Dade Water and Sewer Department, Village of Wellington and Royal Caribbean Cruise Lines, according to sales official Greg Akers. None have signed a contract, but Akers said it's an educational process.

According to the article, the plant is approximately three-quarters the size of a professional basketball court and can cost between \$3 million and \$19 million, depending on the processing capacity. Based on a plant handling 10 tons of dry sewage a day, it would take 88 plants to process all human waste generated in 2013.

Due to climate change and humans continually contaminating our ground water, it's not going to take too many more years before we need all the extra clean water we can get.

Reference:

<https://ceramics.org/ceramic-tech-today/>

biomaterials/do-the-environment-a-biosolid-use-bio-bricks

[https://ascelibrary.org/doi/abs/10.1061/\(ASCE\)MT.1943-5533.0000739](https://ascelibrary.org/doi/abs/10.1061/(ASCE)MT.1943-5533.0000739)

<https://irmi.uitm.edu.my/index.php/2014-10-16-01-58-31/turning-sewage-sludge-into-concrete>

<https://www.tcpalm.com/story/news/investigations/2017/04/26/bill-gates-foundation-backs-janicki-bioenergy/99452498/>

Cheerio,

Maureen Rupe

[rupe32927@earthlink.net](mailto:rupe32927@earthlink.net)

## Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, November 10th, 2019, 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 264-5105.



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Luke 10:38-42

The event will be held on Friday, January 24, 2020, 6:30-9 pm at 1st United Methodist Church of PSJ on 1165 Fay Blvd., then again on Saturday, January 25, 2020 at 7:45 am-1 pm at Indian River City United Methodist Church at 1355 Cheney Highway in Titusville. The cost is \$20.00.

**What y'all get:**

**1/24/20:** Refreshments, handouts

Dr. Margaret Britt / "Finding the Mary in You"  
 Singing, Fellowship, Prayer

**1/25/20:** Continental Breakfast

Rev. Patricia Pena / "Finding the Martha in You"

Breakout Session

Lunch / Firehouse Subs

Singing, Fellowship, Prayer, Closing

The retreat is designed to help each woman find the balance as hearers and doers of God's word. Come meet and greet women from our community in this casual and spiritually motivating experience. For more information and a registration flyer, email MaryMarthaRetreat@gmail.com.

**Artisan's Market**

The Community Services Association at the Great Outdoors off of Hwy. 50 in Titusville invites you to its annual "Artisan Market" on Saturday, November 9, 2019 from 9 am to 2 pm.

A select group of local crafters will present

the best of their art. Whether you are looking for seasonal decor, or gift buying, you will find everything necessary to get you in the holiday spirit.

30 plus artists will display basketry, jewelry, laser engraving, crochet and knitted items, woodwork, crystal design shirts, Christmas trees and ornaments, tasty jams and much, much more.

Gift baskets will be raffled off with proceeds going to Relay for Life.

And don't miss the many varieties of handmade chocolates with proceeds benefiting local charities.

The Artisan Market is held inside the Plantation Manor at 145 Plantation Drive. Tell the security gate attendant that you are going to the Artisan Market.

For information, contact Pat Thomas at 321-360-2542 or email patsteve67@gmail.com.



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## Rose's Room

~ Rose Padrick

The Animal Planet guy once said, "Adaptation insures the continuation of a species." I'm not sure if some species, turkeys for instance, would agree that adaptation is a good thing.

But this representative of species 'Grandmotherous Everpresentatis' thinks it's a wonderful thing.

Thanksgiving has always been high on my list of favorite holidays; ya' gotta love any holiday that touts feasting, family, feasting, thankfulness and food.

Making the transition from harried mother attempting to prepare mountains of food and try to appear somewhat presentable while dealing with five kids, to an un-harried grandmother who has time to shower and apply make-up before getting dressed to go to dinner at a someone ELSE'S house was tough, but I come from hardy stock. I triumphed, which is not to say I don't miss the good old days. It's just that some of them are better enjoyed as reruns than they were the first time around.

One long ago holiday, under the influence of one to many Walton reruns, I had each child pick a dish they could prepare. I figured if they felt more a part of something very special, the feeling of family love and togetherness would somehow flow through them and perhaps one day I could leave them alone for more than five minutes without coming back to find one of them rolled up in a sheet or locked in the shower.

With that kind of figuring it's no wonder my checkbook looks like it does.

The ten-year-old opted for mashed potatoes; the nine-year-old wanted to do the sweet potatoes. Not believing vegetable peelers to be lethal weapons, I agreed. I also thought I was safe with the six-year-old making fresh green beans, the three-year-old stirring the stuffing as I diced and chopped and the two-year-old in charge of remembering and opening the cranberry sauce.

The male half of this parenting co-op was stationed at the end of the table with a roll of paper towels for the inevitable clean-ups and instructions to accompany anyone under three feet tall to the inevitable bathroom break to supervise hand washing... which I must say he did mightily despite the added burden of keeping an

eye, ear and heart on the football game playing in the next room.

Never before, nor since, have I so badly underestimated the ability of my children to take the simplest of tasks to such great heights of complexity and outright chaos. Assembling the materials was incentive enough to call the whole thing off and order a turkey shaped pizza.

While I was showing the six-year-old how to pop the ends off the green beans, the two oldest began sword fighting with the vegetable peelers.

When I turned to help the three-year-old open the bag of stuffing, the first three stuck raw green beans in their ears and made faces at each other. I took my eyes off the three-year-old for just a second to warn the three "Bean Sprouts" of dire consequences, which was just enough time for her to finish ripping open the bag of dry stuffing with such flair it ripped from top to bottom, spreading breadcrumbs the width and breadth of the kitchen.

At that moment the two-year-old began pounding on the cans of cranberry sauce with the can opener.

Raising my voice and my eyebrows a few notches, I ordered, "FREEZE" in a decidedly un-Waltons like manner. The ten-year-old rolled her eyes, the nine-year-old sighed heavily.

The six-year-old whispered, "Darlene made me do it." The three-year-old sniffled, bottom lip quivering, the two-year-old stuck a raw green bean up his nose.

The dogs came running to 'help' with the clean-up of the stuffing, and the father of the aforementioned 'assistants' decided this would be a good time to change the oil in the car.

The menu that year included instant mashed potatoes, canned sweet potatoes, succotash and lectures on the virtues of maturity.

Two of my children, now fully grown, responsible adults with children of their own, happened to drop by recently while I was preparing dinner and feeling nostalgic. I asked if they remembered that shining moment in our history.

I didn't understand their mumbled answer because they all had raw green beans stuck in their noses and ears and were sticking their tongues out at each other.

***Envy is a waste of time. You already have all you need.***



## Certified Gold Store

The Shipping Depot of Port St. John has been awarded the Certified Gold Store from the Association of Mail and Business Centers (AMBC). This certifies that your packages are packed to industry standards and that all employees have been trained through 4 levels of shipping, packing, box making, and international freight.

In addition, Eric Jones has been awarded a Master of Retail Shipping Management from AMBC.

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See our ad in this issue of Happenings for all our information. The Shipping Depot of Port St. John: phone; 321-632-8681, fax; 321-632-3759 and website; [ashippingdepot.com](http://ashippingdepot.com).

## Porch Pirates

With the explosion of E-commerce, we have all seen the doorbell videos and heard the reports of criminals coming to our doors and stealing our packages. This is happening more frequently than just the holidays.

The Shipping Depot of Port St. John is now a member of Package Hub Business Center, which is a nationwide organization for pack and ship stores. For a small fee you can have your packages delivered to us and we will have them waiting for you to pick up. No more waiting for the Fedex or UPS truck or trying to arrange pickup at the hub. With convenient hours and helpful personnel, we can keep your packages safe and secure.

Come see Eric, Cecilia, Corey and Lucky to discuss how we can help with the stress of package delivery. Check out the Bloomberg News article by Thomas Black on August 23, 2019. See our ad in this issue of Happenings for all our information. The Shipping Depot of Port St. John: phone; 321-632-8681, fax; 321-632-3759 and website; [ashippingdepot.com](http://ashippingdepot.com).

## Parrish Medical Center Board Votes No Taxes for 25th year in a Row

For the 25th straight year, no taxes will be assessed to support operations of the North Brevard County Hospital District d/b/a Parrish Medical Center (PMC). PMC's Board of Directors voted unanimously during public hearings on September 23rd to establish the millage rate and budget for fiscal year 2020. PMC is an independent, public, not-for-profit hospital and state law gives the North Brevard Hospital District (d/b/a Parrish Medical Center) the authority to set a tax rate to support hospital operations.

However, unlike most public hospitals, the PMC Board of Directors has for 25 years chosen not to use tax dollars as a means of funding the hospital.

"PMC serves the community's health through compassionate and exceptional care and is recognized as one of the nation's best in clinical care, patient safety and patient experience," said PMC Board Chairman Herman A. Cole, Jr. "We are pleased to continue to take this position on behalf of the community we serve while also investing tens of millions of dollars back into North Brevard each year in charity care and services."

"As long as the community continues to support PMC – PMC will be able to continue to support the community," concluded Cole.

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# North Brevard Community Health Needs Assessment

Parrish Medical Center | Parrish Healthcare Board of Directors, during a special meeting of the Board of Directors held on Monday, Sep. 23, approved the 2019-2021 North Brevard County Community Health Needs Assessment (CHNA) and recommended health needs prioritization. Parrish Healthcare engaged Professional Research Consultants (PRC), national experts, to conduct the needs assessment effort for North Brevard.

“A Community Health Needs Assessment is a systematic, data-driven approach used to study the health status, behaviors and needs of residents served by Parrish Healthcare,” said Parrish Medical Center President /CEO George Mikitarian. “Through the Community Health Needs Assessment, Parrish Healthcare’s leadership are able to make informed decisions about resource allocation and strategic priorities to address and/or to close healthcare gaps, while fulfilling our mission, vision and values on behalf of the communities we have the honor to serve,” added Mikitarian.

A random sample of 300 north Brevard residents and 75 members of Parrish Healthcare’s Community Health Partnership participated in the needs assessment and prioritization of unmet needs process. The Community Health Partnership represents

a diverse cross-section of the county’s health and human services, social services, civic and faith-based organizations, among other community stakeholders.

The following represent the top 10 priorities approved to be developed into a three-year implementation plan:

1. Mental Health
2. Heart Disease & Stroke
3. Diabetes
4. Nutrition, Physical Activity/Weight
5. Substance Abuse
6. Access to Healthcare
7. Cancer
8. Respiratory Diseases
9. Tobacco Use
10. Potentially Disabling Conditions

In addition to providing safe and high quality care to the community, Parrish Medical Center also provides more than \$30 million annually in community benefit investment including uncompensated and charity care.

For details and a complete copy of the North Brevard Community Health Needs Assessment, visit [www.parrishhealthcare.com/communitybenefit](http://www.parrishhealthcare.com/communitybenefit).



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- BREVARD'S SECOND ANNUAL -

## Lights of Love

Hospice of St. Francis warmly invites you to **Lights of Love**, a seasonal ceremony for our community to honor loved ones in a unique, uplifting and beautiful way.

Thursday November 14th, 2019 | 6 pm

THREE EVENT LOCATIONS

- NORTH - 1250 Grumman Place Titusville FL 32780	- CENTRAL - 1700 Jack Oates Blvd. Rockledge FL 32955	- SOUTH - 3000 Minton Rd. West Melbourne, FL
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- Light refreshments will be served -

For more information...  
[LightsOfLoveBrevard.com](http://LightsOfLoveBrevard.com)  
RSVP at (321) 360-3499 by November 8th  
[LightsOfLove@HospiceOfStFrancis.com](mailto:LightsOfLove@HospiceOfStFrancis.com)

## Monthly Tax Update

Tax filing deadlines have now passed. This means in a couple of months everyone will need to evaluate if filing a tax return is required or not. Yes, most of us do, but some of us have special circumstances where a decision to file is required. Here are a couple of reasons you should file:

- You, your spouse or dependents received advance payments of the Marketplace health insurance premium tax credit to help cover medical insurance premiums. A tax return must be filed to reconcile these amounts.

- If you are an independent contractor and you made, after expenses, at least \$400 from self-employment income. While you might not technically have made enough to require filing for withholding taxes, you still have to file in order to pay the self-employment (SE) tax on these independent earnings. The tax due here, calculated on Schedule SE, is the self-employed person's version of the payroll taxes going towards your Social Security and Medicare, aka FICA.

- Not all of your tips earned were reported to the employer. You will need to file a return and to pay the SE tax on those gratuities. The same SE tax is due just as if you received a paycheck, but the employer didn't withhold the FICA taxes.

- If you had Federal income tax withheld and no tax is due, which would result in a refund. The only way to get any of this excess money back as a refund is to file a Form 1040.

- You qualify for the Earned Income Tax Credit (EITC). This tax break for lower- and middle-income workers is, as the name says, a credit, which means it reduces any tax you owe dollar-for-dollar. It's also a refundable credit, meaning you can get a tax refund even if you don't owe any tax.

- You qualify for the refundable portion of the child tax credit (CTC). Like the EITC, this additional CTC means you could get money back—as much as \$1,400—even if you do not owe any tax.

You qualify for the American opportunity tax credit. This educational tax break would give you a credit of up to \$2,500 and a portion of it—up to \$1,000—is refundable to some qualifying filers.

- You received a Form 1099-B, Proceeds from Broker and Barter Exchange Transactions. Even if you are not required to file a return, if you

received this document (or substitute statement) you might want to file a return. Especially if the cost (or basis) of the sold items is not reported to the IRS. All they will see is the sale price and you'll need to provide how much you paid for the capital asset and when it was purchased.

- And the most important reason to file a return is to start the audit statute of limitations clock ticking. IRS generally can go back three years to look at your old tax filings. This three year look back period doesn't start until you file your tax return. So, even if you didn't make quite enough to trigger the filing requirement, you might want to make sure the IRS cannot come back to ask about why you didn't file years ago.

In closing, I want to thank everyone for reading my articles over the past years. I'm also thankful I'm able to provide the information to you. Our office hopes you have a wonderful Thanksgiving and grateful for what you have. Happy Thanksgiving!!!

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.

## Tax-Aide Program Needs Volunteers

The Tax-Aide program needs volunteers to assist taxpayers with the free preparation of income tax returns. We need Tax Preparers and Client Facilitators (sort of a receptionist).


All volunteers receive training for these positions and support in a welcoming environment. Those doing tax preparation attend training sessions in tax law and computer tax preparation. They will prepare a few practice returns and take a test to be certified as a tax preparer by the IRS. Training is held in January and returns are prepared from February 1 through April 15.

The Tax-Aide program, which is sponsored by the AARP Foundation and the IRS, helped over 2 million people of all ages and income last year, and recently celebrated 50 years of service to taxpayers. This was achieved with the help of thousands of volunteers.

To continue giving this valuable service, we need more volunteers.

This year there will be Tax-Aide sites at the PSJ Library if we have enough volunteers.



If you are interested, please contact Jennifer Ward by email at ward638@gmail.com.



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**LIFE • HEALTH • ANNUITIES**

# Parrish Medical Center Offers Free Community Support Groups

Parrish Medical Center is offering free support groups for community members living with various health issues. See the upcoming November 2019 support groups listed below:

- **AWAKE Sleep Disorders Support Group:** Monday, November 11, 6-8 p.m., Parrish Healthcare Center, 5005 Port St. John Parkway, Port St. John
- **Caregiver Support Group:** Thursday, November 7 and 21, 9:30-11:30 a.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **Caregiver Academy:** Thursday, November 14, 10-11 a.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **Diabetes Support Group:** Thursday, November 14, 3:30-5 p.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **Fearless Café:** Wednesday, November 6, 10-11 a.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **MAK Gathering (Moms and Kidz) Support Group:** every Monday and Wednesday (Novem-

ber 4, 6, 11, 13, 18, 20, 25 and 27), 10-11:30 a.m., The Children's Center, 5650 S. Washington Ave., Titusville

- **Parkinson's Support Group of North Brevard:** Thursday, November 21, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **Pulmonary Hypertension Support Group:** Tuesday, November 12, 3-5 p.m., Grace United Methodist Church, Merritt Island
- **Stroke-Heart Survivors Group:** Tuesday, November 19, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville
- **Parrish Partners Cancer Support Group:** Monday, November 18, 4-5:30 p.m., Parrish Medical Center, 951 N. Washington Ave.
- **NAMI Family Support Group:** Wednesday, November 6, 6-7:30 p.m., Palm Point Behavioral Health, 2355 Truman Scarborough Way, Titusville

The support groups are free, but space is limited. For more information, and to preregister, visit [parrishhealthcare.com/events](http://parrishhealthcare.com/events).



First Baptist of Port St. John will be a drop off location for shoeboxes again this year!

Never heard of Operation Christmas Child? This is a ministry started by Franklin Graham and Samaritan's Purse. Shoeboxes of gifts go to children in over 100 countries. Do not include candy, toothpaste, gum, used or damaged items, war-related items such as toy guns, knives or military figures, chocolate or food, seeds, fruit rolls or other fruit snacks; drink mixes (powdered or liquid), liquids or lotions, medications or vitamins, breakable items such as snow globes or glass containers or aerosol cans. Go to their website:

<http://www.samaritanaspurse.org/what-we-do/operation-christmas-child/>.

They also have a Facebook page.

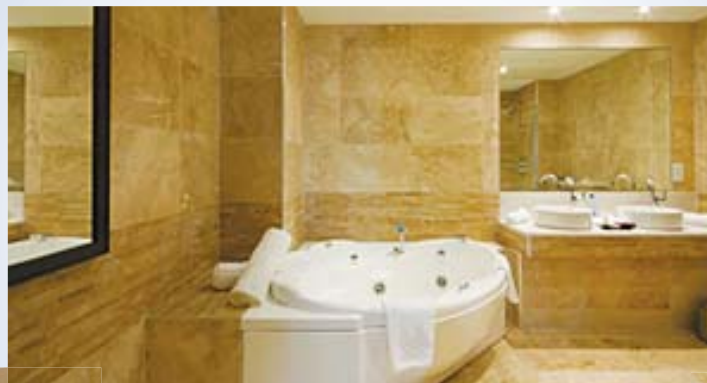
You can use and fill any shoebox you have or we will have a limited supply of shoeboxes available at the church. National Collection Week will be November 18-25.

For more local information, you can call Ginger Platt at 321-403-5886 or First Baptist Port St. John at 321-636-5455.

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## It's Soccer Time!

As the weather changes and the end of the High School football season nears, the start of fútbol season is upon us. After an offseason of grueling summer conditioning and hours of individual training, the soccer players of Brevard County started their season with tryouts that began on October 21.

For the Men's and Women's teams of Space Coast High School, the upcoming season is a chance for a fresh start, literally and figuratively. Both teams graduated a large senior class last year and will have young teams this season. Both teams saw prolific scorers Skyler Hancock and



Mario Licor move on to a college career, leaving the Viper teams searching for new leaders on the pitch. The turnover in lineups will give a chance for new starts and leaders to emerge. These young athletes will have a chance to build their own legacy and traditions.

On the boy's side, Coach Philip Garza is looking forward to a spirited battle for goalkeeper on the Varsity squad. He also is excited to see the continued growth of Freshman Ethan Chicklinksy, who made the All-Cape Coast Conference team as an 8th grader last year. Coach Garza and Coach Dennis Barry will start the year off by



hosting a preseason invitational on November 5th and 7th. Their regular season kicks off with a home game against Bayside on November 13.

On the women's side, Coach Dwayne Davis is encouraged by the continued growth of the team's offseason conditioning program and the bright future that lays ahead for his talented young team. The Lady Vipers had seven senior starters graduate from the program last year, leaving plenty of room for some new faces to shine this season. Along with Coaches Pete Monismith and Madison Hill, Coach Davis will lead the Lady Vipers into a preseason invitational at Cocoa High on November 4th and 5th. The regular season will start with a game at Edgewood on November 12.

Anyone looking for an inexpensive way to see some great student athletes in action can see the schedules at <https://www.brevardschools.org/Page/150#calendar77/20191121/month> (you can scroll the months) or on the Happenings website, [www.happenings.net](http://www.happenings.net), to find a game that fits your calendar.

I am sure that the players would love to see some friendly faces from the community cheering them on this year. - Dwayne Davis



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## COMMUNITY CALENDAR

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

**Overeaters Anonymous** meets in PSJ on **Saturdays** at 9:30 AM at the PSJ Library. Visit [oaspacecoast.org](http://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 Christ Central Church - side entrance, 2010 N. Cocoa Blvd., Cocoa. [www.naranonfl.org](http://www.naranonfl.org).

**11-1 All Saints Day**

**11-3 Election Day**

**11-5 Election Day**

**11-5 Compassionate Friends Support Group** meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

**11-6 American Legion Auxiliary, Unit 359,** General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

**11-6 PSJ Startups & Founders Club,** a group

for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at the Port Java in Fay Plaza. We'll begin our program at 8 AM. The Port St. John internet site can be viewed at [www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/](http://www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/).

**11-8 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](mailto:mdean44@cfl.rr.com).

**11-10 Multiple Sclerosis Self-Help Group** meets on the 2nd Sunday each month (except Mother's Day & Nov.), 2 PM, Cocoa Library.

**11-10 Word Weavers Space Coast,** a critique group for Christian writers, meets the 2nd Sunday at 2:00 PM at the Central Brevard Library in Cocoa. Visitors are always welcome. Email [angelagardnerwrites@gmail.com](mailto:angelagardnerwrites@gmail.com) for info.

**11-10 Calling all Christian authors!** Dynamic writers group in Cocoa, Fla. offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 PM at Cocoa library). Contact D.P. Clarke at [1royaldy@gmail.com](mailto:1royaldy@gmail.com) for more information. Print "Writers Group" in Subject.

**11-11 Veterans Day**

**11-14 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.

**11-15 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.

**11-18 Moonport Modelers RC Club** meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

**11-20 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.

**11-26 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 show and tell or a guest speaker. Call 321-720-6232 or 321-720-1584 for more info.

**11-28 Thanksgiving**

### Congratulations to:

**Trey Darville** turns **11** on the 1st.

**Heather Burris** turns **26** on the 5th.

**Steve Sweeney** turns stronger on the 5th.

**Nicole Crouse** turns prettier on the 7th.

**Joey Hilde** turns **28** on the 9th.

**Doreen Erickson** parties wild on the 12th.

**Kayla Erff** turns **27** on the 12th.

**Mary Prentiss** turns **29** on the 12th!

**Chelsea Balparda** turns **28** on the 13th.

**Tyler Thomas** turns **22** on the 13th.

**James Maxwell** turns wiser on the 13th.

**Rita Stanton** turns more lovely on the 14th.

**Dawn Niehoff** turns hotter on the 15th.

**Anthony Wagner** turns **14** on the 15th!

**David Erickson** turns wilder on the 16th.

**Jennifer DiCandio** is the Queen on the 18th.

**Tyler Mangiacapra** turns **26** on the 19th.

**Fred Bradshaw** turns buffer on the 19th.

**Cassie Fogarty** turns **22** on the 20th.

**Cathryn Santoso** turns **30** on the 21st.

**Amy Arnone** turns **40** on the 22nd.

**Kristin Svandrlik** turns **21** on the 22nd!

**Holly Turner** turns prettier on the 23rd.

**Aurora Mayfield** is glorious on the 23rd.

**Christopher Allison** turns **17** on the 25th.

**Kim Tyner** turns **30(ish)** on the 28th.

**Roger and Jennifer Brunet** celebrate their 14th anniversary on the 6th!

**Kurt and Linda Bird** celebrate 48 years on the 12th.

**Jeff & Betty Couch** celebrate their 39th anniversary on the 15th.

**David and Laura Keefe** celebrate 25 years on the 15th.

**Mark and Helen Dezendorf** will have been happily married for **40** years on the 16th.

Email your inputs to email to:

[happenings1@att.net](mailto:happenings1@att.net)

### Important Phone Numbers

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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
Space Coast Jr/Sr High School -	638-0750
Sexual Offender Registry -	
<a href="http://www3.fdle.state.fl.us/sexual_predators/">www3.fdle.state.fl.us/sexual_predators/</a>	

## PMC Primary Stroke Center Re-certified

Parrish Medical Center (PMC) has earned The Joint Commission's Gold Seal of Approval® and the American Heart Association and American Stroke Association's Heart-Check mark for primary stroke care. PMC's recertification as a Primary Stroke Center extends its first-in-Brevard County achievement for area patients endangered by stroke's potentially debilitating effects.

"Primary Stroke Center Certification recognizes health care organizations committed to fostering continuous quality improvement in patient safety and quality of care," says Mark Pelletier, RN, MS, chief operating officer, Accreditation and Certification Operations, and chief nursing executive, The Joint Commission. "We commend Parrish Medical Center for using certification to reduce variation in its clinical processes and to strengthen its program structure and management framework for stroke patients."

"We congratulate Parrish Medical Center for this outstanding achievement," says Nancy Brown, chief executive officer, the American Heart/Stroke Association. "This certification reflects its commitment to providing the highest quality of care for stroke patients."

Stroke is a leading cause of death in Florida. Growing research shows, however, that stroke patients' outcomes can be significantly improved when they receive treatment from an organized stroke system of care.

"The Joint Commission established the Primary Stroke Center program to set a care standard to protect and saves lives," said George Mikitarian, PMC president & CEO. "Meeting that standard takes tremendous commitment, resources, and work, but we have long dedicated ourselves to providing the highest levels of patient safety, clinical quality, and healing patient experiences on behalf of the people and communities we serve."

"This Joint Commission's Gold Seal affirmation of PMC's quality stroke care means that patients and families can have confidence in the objective measurement, accomplishment, and results, of PMC's treatment program," Mikitarian added.

In 2010, PMC became the first hospital in Florida to participate in the Mayo Clinic telestroke program. Via a remote presence robot that stands five feet tall, neurologists at Mayo Clinic's Comprehensive Stroke Center in Jacksonville can remotely evaluate

acute stroke patients and assist with diagnosis and treatment.

Quick administration of a drug called tPA to dissolve a stroke-causing blood clot and restore blood flow is part of The Joint Commission's standards followed by PMC, said Gregory P. Cuculino, MD, FACEP, emergency department medical director.

"In many cases the drug results in the patient having minimal or no neurological damage from the stroke," said Dr. Cuculino, "It's one aspect of our approach to stroke care, which includes prevention, treatment and rehabilitation while always working as a team."

Hospitals began to apply voluntarily for PSC certification from the Joint Commission in 2003 in response to proposed organized stroke system of care by the Brain Attack Coalition in 2000. The proposed stroke system of care promotes EMS routing acute patients to Primary Stroke Centers (PSCs), and Comprehensive Stroke Centers able to provide proven stroke care reliably and rapidly.

In 2004 PMC became the first health system in Brevard and third in the state of Florida to earn The Joint Commission's PSC certification. And, every two years since 2004, The Joint Commission has evaluated and recertified PMC's PSC. The most recent evaluation, in 2019, resulted in the latest recertification.

Effective July 1, 2019, Senate Bill 1460 mandates hospitals to be stroke certified by a nationally recognized certifying organization that is approved by AHCA by July 1, 2021. The Joint Commission PSC certification meets this requirement.



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Activities  
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KONA ICE  
Sarah Berlin, Artist  
Carly Thistle, Artist  
Jackie Jordan, Artist/Entertainer  
SOS  
Laura St. John, Author/Entertainer

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Dear Neighbor,

This letter is to invite your organization to participate in the 30th Annual Port St. John Christmas Parade. The parade will take place on December 21, 2019, 11 AM, in Port St. John. The parade route will be east along Fay Blvd. from Waterloo Ave. to Carole Ave. We are hoping for 80-90 entries again this year. Please send your entry in early.

This year's parade theme will be "Christmas Carols." Floats and decorations should be planned toward the theme. All entries will be judged and plaques awarded. Categories include Theme, Christmas Spirit, Creativity, Marching Musical and Marching Non-Musical.

Floats should be no more than 17' high to clear power lines, and be 8' wide or less to travel to and from the staging area. They can be wider on the parade route. Marching groups should plan for a 20' wide roadway.

For everyone's safety, **CANDY MAY NOT BE THROWN FROM THE FLOATS AND VEHICLES.** Thrown candy ricochets and small children chase it into the street where they might be hit by the next vehicle. If you want to hand out

# 2019 PSJ Christmas Parade

candy, please be sure to have walkers accompany your float.

There is a \$30 charge for any float or vehicle which advertises a business. The fee does not go up if there are multiple businesses on the same float. Nonprofit community support groups and public schools are \$15, unless they display banners and logos for a business on their float or vehicle(s).

**Call us to find out how to get your name on**

**the parade shirts!** Your business name will be added to all the Parade T-shirts, staff and public, for a minimum donation of \$50.

If there are noise considerations for your entry, please let us know immediately. We will try to spread out the bands and musical participants.

Any questions, suggestions, problems or needs should be directed to Randy Rodriguez at Happenings, 321-633-7499.

## Port St. John Christmas Parade Entry Form

NAME OF GROUP: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

CONTACT PHONE: \_\_\_\_\_

CONTACT ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Are you having music? Y N Type of music: Band Caroling Other \_\_\_\_\_

Music Volume: Loud Moderate Soft

Do you have animals? Y N Type & number: \_\_\_\_\_

Approx. number of marchers in group (include moms, coaches, etc.): \_\_\_\_\_

# of vehicles (include follow vehicles): \_\_\_\_\_ Type: \_\_\_\_\_

**Include or attach a description of your entry for the Parade Announcer.**

Return to: HAPPENINGS, 600 Aloha Ave., Port St. John, FL 32927



Dr. Craig A. Sater

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- ROOT CANALS
- TOOTH COLORED BONDING/FILLINGS
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- NITROUS OXIDE AND ORAL SEDATION
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**IV sedation now available for our anxious patients – Have all your dental care completed in 1 or 2 appointments and wake up to a new "SMILE"!**



## Port St. John Public Library

6500 Carole Ave., Port St. John

Lena Penna, Director

(321) 633-1867

### November Calendar of Events

Mon., Tues., Fri., 9 am - 5 pm; Wed., 12 - 8 pm;

Thurs., 10 am - 6 pm; Sat., 10 am - 2 pm

#### Adult Programs:

**Master Gardener.** Mondays, 2-4 pm,  
Conference Room.

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

**PSJ Pen Movers Writing Group.** Mondays,  
9:15-11:15 am.

**SHINE** - Serving Health Insurance Needs of  
Elders. Tues, 12-3 pm. Call for an  
appointment: 321-222-7981.

**Overeaters Anonymous meeting,** Saturdays,  
9:30-10:30 am

**Port St. John Pokemon Club,** Nov. 9 and 23,  
10 am-12 pm, regulated play. All ages.

#### Meetings and Events:

Nov. 2, 10:30 am-12:30 pm, Medicare Workshop.

Nov. 13, 6:30 pm, The Bookworms Book Club  
Discussion Group.

Nov. 20, 12:30-1:30 pm, Shredding Truck  
available. Front parking lot.

Nov. 20, 6:00 pm, Friends of the Library  
Membership Meeting.

#### Children, Tweens and Teens:

Tuesdays, Infant Laptime. 9:15 am. Songs &  
Stories, Ages 3-24 months.

Tuesdays, Brick by Brick: LEGO free play.  
3:30-4:30 pm, Ages 5-10.

Thursdays, STIR. Storytime for Independent  
Readers. 3:30 pm. Ages 6-12.

Fridays, Preschool Storytime. 10:30 am. Stories,  
songs, crafts. Ages 2-5.

Fri, Nov. 1, Preschool Storytime canceled.

No Storytime sessions on Nov. 28 and Nov. 29.

### Holiday Photos With Santa!

Bring your pet and children, too, and join  
Golden Retriever Rescue of Mid-Florida for  
Holiday Photos With Santa on Saturday, Nov.  
23, 11:00 a.m. to 3:00 p.m. at Pet Supermarket,  
4100 Wickham Road, Melbourne. For a \$10.00  
donation, receive a framed 4x6 color photo and a  
goody bag. Your gift helps pay medical expenses.

OK people...IT'S COMING! A couple of  
weeks 'til the day we set aside to give thanks and  
the Fat Guy cometh! But there are ways to help  
retain a semblance of sanity... The next to last  
excerpt of my book - The Absolute  
Best Way To Make The Holidays  
Almost totally Stress Free - is be-  
low. If the ideas sound good but you  
didn't read the others, the book is on  
sale at Amazon.com. Maybe it will  
come in handy next year. Hope you  
enjoy and it helps.

#### November

If you prefer frozen turkey for  
Thanksgiving, this is a good time to  
purchase it, keeping in mind some-  
times it's better to have two smaller

turkeys than one very large one, especially if you  
would like to have different dressings or season-  
ings or perhaps would like to fry one of them.  
Most stores allow you to pre-order fresh turkeys  
about this time, also. Purchase non-perishables  
- wine, soda, any canned goods - not already in  
your pantry caches.

Hopefully by the middle of this month you  
will have all of your small Christmas gifts ready  
to give, most of your larger gifts wrapped and in  
the containers, Christmas tree, holiday wrap, fruit  
cake ordered and holiday cards ready to drop in  
the mail box.

Some of us go all out with the meal prepara-  
tion for Thanksgiving and would prefer to relax a  
little and enjoy the other pleasures of Christmas.  
This is a good time to order AND pay for your  
Christmas dinner if you are taking advantage of a  
restaurant or grocery store doing the cooking for  
you. It's especially welcome if you are spending  
the big day away from your own kitchen.

#### Come To The Library And Get Shredded!!

The Shred Truck will be at the  
library on Wednesday, Novem-  
ber 20th between 12:30 pm and  
1:30 pm. This event is funded  
by your Port St. John Friends  
of the Library. Shredding of  
documents is free, but a small donation to the FOTL  
will be welcomed.

Also, keep your calendar open for December 2nd.  
It's rumored that **Santa and Mrs. Claus will be  
making an appearance at the library!** Stay tuned  
for more information on this exciting happening!



Hitting the sales for decorations and retrieving  
the boxes of lights and tree stand from the attic  
before you pick up the tree will give you time to  
unravel cords and replace burned out bulbs. I put  
them in the bedroom and detangle  
a little at a time before I turn in at  
night. If you're really brave, you can  
involve the kids in the detangling.  
It will give them a sense of being  
involved and keep them busy while  
you make dinner for a night or two.

Prepare or buy cookie dough,  
mix in red and green food coloring  
if you like and freeze. Stock up on  
cookie cutters and decorations. Buy  
the new party outfit - the one you  
loved, not the one you can afford.

Turn to Thanksgiving preparations. Remem-  
ber to mail Christmas cards, decorate lavishly,  
clean the guest room... just in case.

Enjoy the day and those you love.

Begin searching Sears, Walmart and Big Lots  
for something for your husband's Great Aunt  
Prudence. And maybe something for that strange  
one-eyed cat she takes everywhere she goes.

Make another payment on your Lay-Away.

~ Rose Padrick

### Salvation Army In Need Of Support To Continue Soup Kitchen Services

The Salvation Army served more than 35,000  
meals last year through its soup kitchen in Titus-  
ville, and provided more than 2,500 food baskets  
to residents in the Titusville/Cocoa area. The  
Salvation Army Soup Kitchen is located at 1218  
W. Main Street, Titusville. Without an immediate  
surge in funding, The Salvation Army will need  
to explore cutting back the number of meals and  
food baskets provided by more than 50%, leav-  
ing many men, women and children in the area  
to wonder where their next meal is coming from.

More than 77,000 people in Brevard County  
face food insecurity, according to a study from  
Feeding America. To make a donation to help The  
Salvation Army continue serving people in need  
in the Titusville/Cocoa area, please visit [www.SalvationArmyNCBrevard.org](http://www.SalvationArmyNCBrevard.org) or call 321-632-  
6060. Checks can be mailed to The Salvation  
Army, 919 Peachtree Street, Cocoa, FL 32922.

# District 1 Summer Update 2019

It has been a great summer in Brevard County and in District One. As a community we are making great progress bringing in upgrades to our community and new businesses. It's a great day in Brevard County and especially in District One.

The District One Office has a variety of advisory board positions for volunteers to serve. These boards meet regularly to receive updates on the specific nature of the board and members are given the opportunity for input on items the board is responsible for overseeing. This is a great way to become involved in your community. If you are interested in serving on a board, please send your resume to [d1.commissioner@brevardfl.gov](mailto:d1.commissioner@brevardfl.gov), or if you would like more information or inquire about

which of the boards currently have vacancies, please call my District One office at 321-607-6901.

The 2020 budget was approved and the tax rate is 7.65% below the aggregate of the current year's budget. The 2019-2020 budget includes increased funds going to the County Sheriff and deputies to continue to keep our community safe. Thanks Sheriff Ivey!

Property values continue to rise as the county's economy continues to grow. The approved 2020 Brevard County millage rate of 5.8447 remains lower than surrounding counties: Orange 6.6650, Seminole 6.9062, Indian River 6.1192 and comparable with Volusia at 5.6944.

Brevard County's population has increased from 560,683 in 2016 to an estimated 596,849 in 2019, which is a 2.15% increase. North Brevard's growth is slightly higher than the overall county growth. In 2020 the United States Census will be taking place. This will give us more accurate numbers of the new population in Brevard County. Smart Growth.

In March, 2019 collection of tourist tax dollars hit a record high, which means more people are visiting Brevard County. The 5% tourist tax collected on hotel rooms and other short-term rentals generated \$2.1 million. This is more than a 6% increase from the same time last year. These funds go to projects that include maintenance, restoration and construction of facilities that are designed to enhance the experience of visitors to Brevard County. The funds are also used for the promotion and advertising of Brevard County as a world class tourist destination. Tourism is vital to keep citizens enjoying lower taxes.

Boeing is moving their space division headquarters from Arlington, Virginia to Titusville. Boeing's choice to move to the Space Coast has a lot to do with the momentum and energy currently taking place in Brevard County. They have a commercial crew based at NASA's Kennedy Space Center, now in the former Space Shuttle hangar. The plan is to have a crewed test flight by the end of this year. The Starliner is the first ever commercial spacecraft built here in Brevard.

Blue Origin is investing more than one billion dollars. They have plans to double the size of the Blue Origin campus at Exploration Park. This site will work as both a manufacturing center and launch control for future missions. The plan is to launch from Cape Canaveral Air Force Station sometime in 2021.

Lockheed Martin held a traditional flag raising ceremony on July 30th to mark the transition of moving its Fleet Ballistic Missile Program headquarters from California to Titusville. The transition will create hundreds of job opportunities in North Brevard. Lockheed Martin has already moved 350 jobs to Titusville and has plans to invest \$40 million into the Titusville Campus.

Brevard County Road and Bridge has been hard at work in our community. The work continues on the phased work plan for Windover Farms, Port St. John and Dalehurst Ranches, as well as in all areas of District One. I would like to commend Susan Jackson, Assistant Public Works Director and her team for all of their substantial work on improving the drainage for our District One community. This summer compared to previous, we have seen less standing water due to this work. The water tables have been high, as past years, and the rain has been plentiful. Brevard County Public Works team's strategy is making a positive impact.

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Brevard County is accelerating the process to improve the quality of the sewer system throughout the county to combat the sewer discharge into surrounding waterways from the inability to process stormwater. Recently, 68 miles of sewer lines were lined and 103 miles of gravity lines have been assessed for repair. Smoke testing has also been completed in sewers that connect to 10,000 homes. We need homeowners to fix these leaks. It is important that fats and grease are never put in drains; it is especially important for restaurants and food processing plants to discard fats, oils and grease properly to prevent clogged drains. A revised process for streamlining the way restaurants and food processing plants discard these items is in final stages. Brevard County sewer customers currently pay approximately 20 to 30% less for utility services than surrounding water/sewer charges. These fees most likely will need adjusting in the future to fix failing infrastructure and increase capacity that is maxed out.

The Brevard County Environmentally Endangered Lands program has 8 sanctuaries in District One for residents to visit. These sanctuaries have 3 functions: conserve natural resources, offer educational services and provide an area for recreation that includes hiking, biking and horseback riding. The sanctuaries are a great place for families to spend time learning about protected plants and animals through exhibits, educational programs and guided tours for all ages. These sanctuaries offer a great Florida outdoor experience. In Titusville, you can visit the Enchanted Forest Sanctuary located at 444 Columbia Boulevard; Diceranda Scrub Sanctuary located at 4900 Melissa Drive; and Fox Lake Sanctuary at 4400 Fox Lake Road. In Mims, you can visit the South Lake Conservation Area at 4500 Lancaster Lane; North Buck Lake Conservation Area at 4077 Cinnamon Teal Drive; and Indian Mound Station Sanctuary at 4001 Parrish Road. Sanctuaries located in Scottsmeer are Scottsmeer Flatwoods Sanctuary at 6000 Magoon Avenue and Scottsmeer Flatwoods West Sanctuary at 500 Rose Marie Place. Hours of operation vary. Please visit <https://www.brevardfl.gov/EELProgram/home> to view the hours.

As part of the Save Our Indian River Lagoon Project Plan, oyster bars are being constructed in several locations to help improve the health

of our lagoon. Oyster bars help filter excess nutrients like nitrogen and phosphorous. They also promote the growth of good bacteria that breaks down the nitrogen releasing it from the lagoon. Although nutrient filtration is the main function of the oyster bars, the bars provide a place for many other species like mussels, snails, toadfish and marine worms to live. These species are a food source for fish that live in the lagoon. The bars can also act as a wave break, which is essential in reducing shoreline erosion.

The ball fields at Chain of Lakes were fixed and upgraded prior to the start of the season. Five acres of the soccer fields are being re-sodded, new player benches were installed and the fields will be ready for the fall season. The Titusville Soccer Club has begun their season with approximately 500 participants and offers competitive and recreational clubs for all ages. Thank you to the Titusville Soccer Club for all that you do in North Brevard.

New exercise equipment was installed at Sandpoint Park in June and a wheelchair accessible swing was installed in July. Along with these additions, the exercise trail was widened from 5 to 8 feet and the parking area and main road was resurfaced. Thank you, Parks and Recreation!

Scottsmeer Landing boat ramp opened this summer along with the Port St. John, Parrish Park and Mims boat ramps. Work is currently in progress at Kennedy Point Park, Rotary Park, Space View Park, Titusville Veterans Memorial and Tom Statham Park. We will keep you updated on the status of these projects and estimated completion.

New signage along the Rail Trail was added to give direction to the Harry T. Moore Cultural Complex, Cuyler Park and Chain of Lakes. The trails are a great biking experience and now offer access to the wonderful sites along the trail.

Luna Trails apartment complex is currently under construction, located at the corner of Sycamore Street and South DeLeon Avenue.

### **Scheduled KSC Launches, 2019**

November 2019 | ULA Atlas V | Boeing's Starliner Space Craft with Astronauts.

December 4 | Space X Falcon 9 | 21st Dragon space craft to deliver cargo to ISS.

December 2019 | Space X Falcon 9 | Space X Falcon 9 rocket will launch third-generation

navigation satellite for the Global Positioning System.

December 2019 | ULA Atlas V | Will carry Orbital Test Vehicle on 6th mission.

It's a Great Day in Brevard County!

Rita Pritchett,

Brevard County Commissioner  
District One

## **Tropical Feline Escape Buffet Dinner & Silent Auction**

Space Coast Feline Network (SCFN) will be holding its annual dinner and silent auction fundraiser "Tropical Feline Escape" on Saturday, November 16th at the Space Coast Holiday Inn Convention Center, 301 Tucker Lane, Cocoa, Florida with proceeds going to SCFN's programs, including its low/no-cost spay/neuter program for community cats.

Doors open at 5:30 PM with appetizers, cash bar and silent auction. Island Breeze buffet dinner (and dessert) starts at 6:30 PM with a complimentary drink (TBD). Dinner will be followed by a short presentation for the Feral/Community Cat Supporter of the Year and the Wheel of Fortune game. Raffles & door prizes for all. Bring a six-pound or larger bag of cat food and get a free raffle entry ticket (for every six pounds donated) to win a great prize TBD!

Cost is \$75 per person. Tables for eight are available, so invite all your friends. The last date to make reservations (IF seat is available) is Tuesday, November 12th. For reservations: go to [www.fixaferal.org](http://www.fixaferal.org) or you may mail a check to SCFN, P.O. Box 624, Cocoa, 32923 (if mailed, must reach SCFN by Tuesday, November 12th).

EVENT SPONSORS NEEDED (ranging from \$100 - \$1,500); lots of incentives, including free seats at the event, Facebook recognition, website links, recognition the night of the event, and more. For more information, contact Sandy (321) 759-5242 or Mona (321) 544-1002.

Like-new silent auction, door prize & merchandise donations are needed NOW!

North Brevard contact – Sandy, (321) 759-5242

Central Brevard contact – Mona, (321) 544-1002 or Patti, (321) 412-4019

Further information can be found on the SCFN website at [www.fixaferal.org](http://www.fixaferal.org).

## On The Road With Rose

~ Rose Padrick

### Kennedy Space Center Visitors Complex

Having grown up and raised my family in Merritt Island, I admit to a special pride in the Kennedy Space Center. Especially since an older neighbor shared his experiences of living on the property when he was a child and assisting in the rolling, then floating of his one room family home on pine logs when the government bought all the land as far as the eye could see and then some.

When me and Fred Flintstone roamed the dirt roads of Angel City, the only way you knew a rocket was going off was when your windows rattled, dishes slid off the shelves and the roar made you think a freight train was feet away. Everything was hush-hush and very mysterious. Us kids were sure that thing tearing through the sky overhead was going to fall on us one day.

Not so these days! The Visitors Center is a sight to behold and there is so much for the whole family to see and do, you'll need at least all day and possibly two. Nerdness is absolutely not necessary!

If you haven't been in a while you will be pleasantly surprised. I advise taking a leisurely drive on SR 405, then turn onto Space Commerce Way, (they moved the entrance). The water views

are spectacular and the little ones can be put on gator and other wildlife sighting duty. You can see gators, Ibis, raccoons, turtles and many others on the canal banks.

The Visitors Center opens at 9 am every day and closing depends on the time of year. Admission is \$42.00 for children and \$52.00 for adults. There are discounts for military and seniors. Parking is \$10.00 for cars and \$15.00 for larger vehicles and RVs. This is not included in the reduced admission during the Salute to Brevard October 31st till November 3rd when residents are allowed reduced admission but encouraged to donate non-perishable foods, hygiene and baby products to be given to the Sharing Center.

Scooters, strollers and wheelchairs are available for rent and something called the KSC Smartguide - a handheld digital tour guide, and a Space Visor - a mobile reality headset. If you can't bear to leave Fido home there are kennels available.

Small soft-sided coolers are allowed. You can pack sandwiches, snacks or baby food and leave it in the lockers. There is seating at the Rocket Garden Café and picnic tables at the Apollo/Saturn V Center and just outside the front entrance. Several cafés and shopping are at almost every turn.

Younger kids will enjoy Heroes & Legends at the U.S. Astronaut Hall of Fame, Space Shuttle Atlantis including a lift off experience, Journey To Mars, and the Astronaut Playdome. There is also a slide, simulators and a crawl through International Space Station. Older ones will go for the Dine With An Astronaut (there is an added charge), Journey To Mars: Explorers Wanted, Cosmic Quest (there is an added charge) and everyone loves the IMAX theater.

The KSC Bus Tour that is included with admission does not stop outside the VAB, but the Explore Tour (additional cost) does stop outside the building. No tours go inside the VAB due to security and current operations taking place in preparation for future missions.

With the cooler weather and those shorter school weeks approaching, the Space Center Visitors Complex is a good way to enjoy family time.

If you have a little more time, a drive down Space Commerce Way leads past several awesome government contractor complexes - Blue Origin is new and huge - and the Florida Power and Light solar farm could lead to very interesting conversations with the little ones. Continuing all the way to Courtney Parkway you'll pass more swamp, canals and wildlife - quick glimpses into the Space Centers past.

We ended our afternoon with a stop at the drive in place that makes the worlds best milkshakes, enjoyed while each of us listed our favorite moments of the day. Perfect!

## Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, November 9th and 23rd. Music will be provided by Janice and Rene.



For both dances, doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Adults of all ages are welcome. The cost is \$6; \$5 for members.

Adults of all ages are welcome to our dances. MASC is located at 1025 S. Florida Ave., Rockledge. Call 321-631-7556 for more information.

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# Walter Butler Community Center - November, 2019

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

The center is open Monday–Thursday from 10 - 8 p.m., Fridays from 9 a.m. to 6 p.m. and Saturday 10 a.m.-2 p.m. Schedule is subject to change. Call 321-433-4448 for latest information.

### **Mondays**

11th - Center Closed Veteran Day Holiday  
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.  
Pickleball, 11a.m.-2 p.m.  
Kids in Motion, 2-6 p.m.  
Golf, 3:45-4:30 p.m.  
Chess Club, 4:30-5:15 p.m.

### **Tuesdays**

Kids in Motion, 2-6 p.m.  
4-H Garden Club, 3-4 p.m.  
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.  
Pickleball, 11 a.m.-2 p.m.  
Lego Club, 4:30-5:15 p.m.

### **Wednesdays**

Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.  
Kids in Motion, 2-6 p.m.  
Pickleball, 11 a.m.-2 p.m.  
Volleyball, 5:30-8 p.m.

### **Thursdays**

28th - Center Closed for Thanksgiving Holiday  
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.  
Kids in Motion, 2-6 p.m.  
Pickleball, 11 a.m.- 2 p.m.  
Youth League Basketball Practice, 6-8 p.m.

### **Fridays**

29th - Center Closed for Thanksgiving Holiday  
Open Computer Lab, 9 a.m.-1 p.m.  
Pickleball, 11 a.m.- 2 p.m.  
Kids in Motion, 2-6 p.m.  
4-H Garden Club, 3-4 p.m.

### **Saturdays**

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

**Persons With Disabilities Dances** are held at WBCC every 1st and 3rd Friday of the month from 7-9 p.m. all ages welcome. Contact Andrea Chestnut, 321-264-5058 or 321-264-5105.

**Volleyball Fundamentals** - Teaching proper playing techniques and teamwork. This class focuses on teaching beginners how to properly bump, set, spike and more.

Classes will be held on Wednesdays & Thursdays 5-8 p.m. For more information, contact the Walter Butler Community Center (321) 433-4448.

### **Sharpes Community Brunch**

Hosted by The North Cocoa Civic League every third Wednesday of the month, 10:15-11:30 a.m., this event is free.

For more information, contact Jared Lewis at 321-412-0577 or the Walter Butler Community Center (321)433-4448.

### **Youth Basketball League**

Program designed for boys and girls ages 7 to 12. Games played each Saturday 8 a.m.-2 p.m., tentatively October 5 through November 23. Primary focus will be to build upon and improve skills sets of each participant. Practices are held Thursday evening 5-8 p.m. cost is \$20 per player.

For more information, contact the Walter Butler Community Center at (321)433-4448.

### **4-H Junior Master Gardner Program**

The Junior Master Gardner Program engages participants in novel, hands-on group and individual learning experience that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind.

Classes will be held on Tuesdays and Fridays 3-4 p.m. For more information, contact the Walter Butler Community Center (321)433-4448.

### **Calling All Christian Authors!**

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

Contact D.P. Clarke at 1royaldy@gmail.com for information. Print "Writers Group" in Subject.

## PSJ PEN MOVERS CREATIVE WRITING

If so, then join our Creative Writing Group

- A place to share your writing
- A place to receive feedback
- A place to give feedback
- A place to be encouraged
- A place to meet new people
- A place to have fun
- A place to network

The group meets on Mondays, 9:15 a.m. to 11 a.m. at the Port St. John Library. Writers and potential writers ages 18-118 are encouraged to attend. All levels are welcome!

For more information, call 321-720-3881.

### **FREE Shred Days**

In an effort to help you protect your identity, Launch FCU will be hosting FREE Shred Days. Attend and get your sensitive documents shredded the safe way!

#### **Important Reminders:**

Please remove any plastic bags, plastic materials such as CDs, and garbage prior to attending shred day.

No batteries.

No shred may be left at the branch; shred will only be collected during the event.

Thank you in advance for your cooperation. We will see you there!

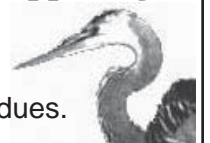
Saturday, November 9th from 8:30 am-10:30 am: Merritt Island branch.

Friday, November 15th from 8:30 am-10:30 am: Port St. John branch, corner of US 1 and Palm Ave.

### **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 \_\_\_\_\_

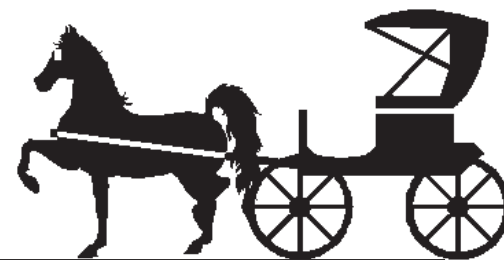
E-mail \_\_\_\_\_

Phone \_\_\_\_\_ May we include your phone number on our membership

roster to CGHI members? Yes  No

**Won't you come join us? We meet the 2nd Thursday of the month at Discovery Church, 3925 Grissom Pkwy. at 7:00 PM. [www.CanaveralGrovesHOA.com](http://www.CanaveralGrovesHOA.com)**

# SLEEPY HOLLOW



## Fruit From The Groves

The next Canaveral Groves Homeowners Association meeting is on November 14, at 7 pm at the Discovery Church on Grissom Parkway. Hope to see you there.

Since our last meeting there have been some incidences where homes have been broken in to. Also, mail boxes have had items stolen from them. In the past, Brevard County Sheriff's Office has come to meetings to explain what can be done to help harden your home against burglars. The Sheriff's Office Crime Prevention Unit will come out and do a survey of your home. Their phone number is 321-264-7755.

As they have explained in the past, most of the time the thieves go looking for small items that they can walk away with quickly. A lot of the time the first place they go to is the bedroom where there is usually jewelry, drugs, money and weapons. Most of the time they use a pillow case to remove the items from the home. There has also been some "smash & grab" done on motor vehicles, and they have even gone through locked gates. The deputies who have attended meetings have suggested that if you hear your neighbor's alarm go off to call them, because that way they will already be on the way when the alarm company or individual calls.

When mail or other items are stolen from your mailbox, also when your mailbox is damaged, a Sheriff's report is needed. There is a form that can be found online or one can be gotten from the Post Office to report the damage or theft so that the Postal Inspector is informed. This way they can keep track of whats happening in the area and also do enforcement.

**PLEASE REPORT SUSPICIOUS PEOPLE OR INCIDENTS TO THE BREVARD COUNTY SHERIFF'S OFFICE. IT IS THE ONLY WAY TO KEEP THE GROVES SAFE. CALL 321-264-5100, OR 911 IF IT'S AN EMERGENCY.**

There is still about a month left of official Hurricane Season and now is not the time to let your guard down. Please notify Waste Management if yard debris stays on the right of way for an extended period of time. Their number is 321-636-6894. They also need to be called when there are tires or other large items that can not be picked up by the route trucks.

Please remember, at the December's meeting there will be nominations for positions in the Canaveral Groves Homeowners Association. The elections will be held in January, 2020. In order to vote, you must be a member in good standing. That means you must live in the Groves and be a dues paying member of the Canaveral Groves Homeowners Association. There are some positions that need to be filled.

Ed Silva, President

Canaveral Groves Homeowners Association

### Chili Cook-Off

Join us  
Annual Chili  
Friday, No-  
6:00 pm-  
Riverfront



This year, the chili cookers will be competing for cash prizes totaling \$1,200!!

For the admission fee of only \$5 (kids under 12 are free), you can sample & judge some of the best chili around!

Beer donated by our local Cocoa Village brewery, the Dirty Oar Beer Company.

The Acoustic Ramblers will be live on stage to entertain you.

As always, we are kid & pet friendly!!

For more information call 321-631-9075.

***I think it's pretty cool how Chinese people made a language entirely out of tattoos. ;-)***

## Paws & Pints At The Port

The grounds outside Exploration Tower will transform into a dog-lovers beer garden on Saturday, November 9th, from noon to 5 pm for the fifth annual Paws & Pints at the Port beer festival! Guests will enjoy a multitude of beers, delectable bites from local food trucks, play 90's inspired lawn games, listen to 90's throwback songs and interact with local vendors all while raising life-saving funds for the homeless animals of the Brevard Humane Society.



"Paws & Pints at the Port is a community gathering of animal loving beer connoisseurs from all over Central Florida," said Theresa Clifton, Executive Director for the Brevard Humane Society. "The people who attend this event help make miracles happen by providing us with the financial resources needed to save countless animals in need of a second chance- THAT is ultimately what makes this event all that much more special."

Unlike typical beer festivals that donate only a portion of their proceeds to charity, 100% of the funds raised at Paws & Pints at the Port will support the Brevard Humane Society's programs and services.

Tickets for this dog-friendly event are just \$30 which includes unlimited tastings from area breweries. VIP tickets are also available for \$40 which entitles attendees to additional perks such as one premium game ticket (for you or your dog), a commemorative glass, a swag bag, and access to the VIP Tent with exclusive tastings and shaded seating.

Large crowds are anticipated so only well-behaved and well-mannered dogs on leashes with county tags are encouraged to attend.

To learn more about this event or to purchase tickets for Paws & Pints at the Port, located at 670 Dave Nisbet Circle, please call 321.636.3343 ext. 218 or purchase tickets online at: [www.brevardhumanesociety.org/pawspints](http://www.brevardhumanesociety.org/pawspints).

## **Parrish Medical Center Designated a Breast Imaging Center of Excellence**

Parrish Healthcare is marking 10 years as an accredited breast imaging center of excellence, a decade in which more than 92,000 exams have received the "highest level of image quality and safety," according to the nation's premier imaging accrediting organization.

In 2009, Parrish Medical Center (PMC) first earned American College of Radiology (ACR) Breast Imaging Center of Excellence designation. Today the earned accreditation is in the name of Parrish Healthcare, an integrated care organization that includes PMC, Parrish Medical Group physicians, Parrish Healthcare diagnostic centers, and other health care providers working together to ensure well-coordinated, unified patient care.

"The difference between talking about imaging excellence and proving it is a great deal of hard work by professionals with one objective: protecting the health of patients," said Drew Waterman, Vice President of Ambulatory Services. "ACR accreditation is hard to achieve. The standards are high, and they should be high. Accreditation is a voluntary program, and we challenged ourselves to achieve that goal. To earn accreditation for 10 straight years is important to us in that imaging patients derive the greatest benefit from a center of excellence."

ACR accreditation is achieved only by breast imaging centers that have demonstrated excellence in "all the college's voluntary, breast-imaging accreditation programs and modules, in addition to the mandatory Mammography Accreditation Program," the ACR says on its website.

The accreditation process includes peer-review evaluations by imaging experts who are board-certified physicians and medical physicists. The accreditation evaluation saw Parrish Healthcare achieve high practice standards in image quality, personnel qualifications, facility equipment, quality control procedures, and quality assurance programs.

"Parrish Healthcare is proud to be one of only two breast imaging centers in Brevard County to be designated a Breast Imaging Center of Excellence, and the only one in north Brevard,"

Waterman said.

The ACR, headquartered in Reston, Va., is a national organization serving more than 32,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology, as well as the delivery of comprehensive healthcare services.

### **Catherine Schweinsberg Rood Central Library**

**308 Forrest Avenue**

**Cocoa, FL 32922**

**(321) 633-1792**

**November- 2019**

#### **Adult Calendar of Events Schedule**

Enjoy an atmosphere of relaxation and creativity at Adult Coloring on Mondays (except 11/11) from 10 am 'til noon. Supplies are provided. FREE.

Let Ree show you how to make quality, ornate gift cards for any occasion at her Art Gallery Cards class on Mondays (except 11/11) at 10 am or 1 pm. A \$10 charge covers supplies and instruction.

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

Join Jeanette in her Stick Fitness exercise class on November 5, 7, 14, and 26 at 6:30 pm! It's an upbeat, fun, energetic and rhythmic way to get in shape! Cost is \$5 per class. Bring a mat/towel.

Emily will guide you through poses that will increase your flexibility and concentration at her Gentle Hatha Yoga class on Thursdays (except 11/28) at 10:30 am. Cost is \$5. Bring your yoga mat or towel.

Learn from expert Tom Nelson about the many ailments caused by inflammation that can be naturally remedied through simple lifestyle changes at the Six Steps to Restoring and Optimizing Your Health class. This is weeks 1-4 of a FREE six-week course on Saturdays (starting November 9) at 9:30 am. All materials are provided. Pre-register with Tom at (321) 961-9244.

Join Normandie for the Bead Ladies Jewelry class on Thursday, November 7 at 12:30. No-

vember's jewelry craft is Little Gifts for Special People. The \$20 cost includes instructions and materials. For more information, and to pre-register, call Normandie at 321-225-1394.

Come out for Popcorn and a Movie on Thursday, November 7 at 2 pm, showing the best in recent box office hits, and classic films. FREE.

Learn calming relaxation techniques at the Inner Peace Meditation class on Thursday, November 7 at 6:30 pm. Cost is \$5.

Dr. Sylvie Morin, Doctor of Oriental Medicine, will show you Natural Solutions to the flu and common cold on Friday, November 8 at 10 am. FREE.

Experience deep peace and relaxation at the Japa Meditation session on Wednesday, November 12 at 10 am. Mala prayer beads will be provided to those who didn't receive one at previous sessions. FREE.

Learn the fundamentals of the Microsoft Office suite at the Office Basics class on Wednesday, November 13 at 10 am. This class is FREE. Please pre-register with Reference at 321-633-1792.

Enjoy an afternoon with the New Horizons Band of Melbourne as part of our Free Sunday Concert Series on Sunday, November 17 at 3 pm. The performance will consist of orchestral pieces that range from the classics to modern day tunes. FREE.

Join the monthly Mystery Book Club discussion where everyone reads a different book on a common theme. November's theme is Veterans (veterans and active military, of various nationalities and times). The discussion will be on Thursday, November 21 from 12:15 pm- 2:15 pm. Contact the Reference Desk at 321-633-1792 for further details.

Come out for Popcorn and a Movie on Thursday, November 21 at 2 pm showing the best in recent box office hits, and classic films. FREE.

Miriam Fuentes

Administrative Secretary

CSR Central Library & Reference

**How do you reach 12,000 homes in  
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Happenings has prices for every budget.  
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*Start the season with holiday entertainment, spectacular tree lighting and fireworks.*

**J**oin us for our annual holiday community celebration. We'll light a giant holiday tree, courtesy of the Parrish Medical Center Auxiliary.

Honor a loved one by placing a light on the holiday tree.

*The event is free and everyone is invited to enjoy:*

- ★ *A Variety of Food Trucks*
- ★ *Free Hot Chocolate and Baked Goods*
- ★ *Face Painting*
- ★ *Games and Prizes*
- ★ *Spectacular Fireworks Display*
- ★ *Photos with Santa, Mrs. Claus and Santa's Helpers (bring your camera)*
- ★ *And many more surprises!*

**PARRISH MEDICAL CENTER PRESENTS**

**DEC. 5<sup>TH</sup> | 5 to 7 PM**



# Gift of Light



951 N. Washington Ave., Titusville

All proceeds benefit Jess Parrish Medical Foundation.

**FOR DETAILS** [parrishhealthcare.com/giftoflight](http://parrishhealthcare.com/giftoflight)  
or **CALL 321-268-6110.**

*Healing Families—Healing Communities®*