

HAPPENINGS

ISSUE NO. 357

FEBRUARY 2020

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

PSJ Christmas Parade

The combination of the 3rd Saturday for the parade and the holiday printing/post office schedules meant HAPPENINGS had to go to press the same night, so the January issue was rushed, to say the least. In spite of a cold, wet start to the day, the crowd was the largest I've ever seen at the parade and the entries were as flashy and bright as ever. There were lots of kids, lots of babies, lots of pets and lots of parents trying to keep them all safe. And there was lots of candy!

Our Grand Marshall this year was the group of volunteers who have worked 25 or more parades: Mark Walker, Wayne Weathers, Steve Sweeney, Holly Turner, Donna Nero, Eamon Wright and yours truly, Randy Rodriguez. Eamon has always



worked at the Judges' Stand, but for the rest of us it was a chance to finally see the parade from the front.

Donna had to work, so she couldn't ride with the group. I walked to hand out candy and it turns out that now that I'm 30 years older, I couldn't catch the truck again when Ed drove off and left me. Worse, all the candy I brought for the Over 25's to hand out was in the truck.

I would be remiss if I didn't mention that while we (the Parade Committee) were going over the crews from over the years and the war

stories from past parades, we also talked about the sponsors who would also be Over 25 years, so a BIG THANK YOU to FPL, Parrish Medical Center, Higginbotham Companies, Shirt Shack, Allstate Insurance, Challenger 7 Elementary, PSJ Black Belt Academy, 1st Baptist Church of PSJ and HAPPENINGS for all the support over the years. If I don't tell you enough, you are very appreciated. (I have the photos to prove it!)

We also have a group of great people who are currently Over 20 years. Stay tuned!

There are lots more photos inside, courtesy of Kathy Camick.. Also see the video from Sean Haga at <https://youtu.be/Uf74teZmf4A>.

~ Randy Rodriguez, Editor



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Small Pepperoni Pizza
When You Buy 2 Large
Pizzas at Regular Price



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Large Cheese Pizza Plus 10 Wings **\$19.99 +Tax**



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Large Cheese Pizza and a Medium Greek Salad **\$17.99 +Tax**

PSJ Community Center Schedule - February, 2020

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

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

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

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

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

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

Tuesdays

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

Community Cares Aftercare, 2:30-6 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.

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

26th - Cook's Helper, 3:30-5 p.m.

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

Thursdays

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

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

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

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

20th - Pot Sticker Make & Take, 6-7:30 p.m.

Fridays

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

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

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

Community Cares Aftercare, 1:30-6 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.

Cook's Helper - Cooking workshop for child/adult pair, on February 26, 3:30-5:00 p.m. This is a discounted community outreach hands-on workshop for a child/adult pair. Cost for the pair is \$16. Child must be at least 4 years of age. For more information, please visit www.floridakel-skitchen.com or email FLkelskitchen@outlook.com.

Potsticker Make & Take - Cooking workshop for adults, \$30 per class, on February 20, 6:00-7:30 p.m. For more information please visit www.floridakel-skitchen.com or email: FLkel-skitchen@outlook.com.

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Good Day! by Maureen Rupe

PSJ Special District Planning & Zoning Board

Parcel ID: 23-36-19-02-*-613 Units 6201 – 6209 (Southeast corner of Win Dixie Shopping Center Main Building) 6201, 6203, 6205, 6207, 6209 U.S. Highway 1, Cocoa (District 1)

Acreage: .08 acre

The applicant is seeking to add a Conditional Use Permit (CUP) for alcoholic beverages (full liquor) for on-premises consumption in conjunction with a sports bar. The sports bar space encompasses the southeast portion of the building; 75 feet in width by 50-foot in depth, within an existing shopping center.

No one spoke for the change, but it was approved unanimously. The change is before the county Planning and Zoning board on 1/13/20 and is before the Brevard County Commission on 02/06/20.

Liquid Natural Gas (Continued)

My story last month got a bit of attention from others in the country who are studying LNG and its negative health aspects. I was sent the following, which I have received permission to include without modification:

"If constructed, American LNG Marketing's proposed LNG export facility on a 22-acre Site in Titusville will be in violation of CFR Title 49, Part 193.2155(b) unless the company obtains a Variance from the Pipeline and Hazardous Materials Safety Administration. Before PHMSA will consider approving the Variance, PHMSA is requiring an Environmental Assessment.

The problem with small-scale, inland LNG export facilities is that no federal agency has jurisdictional authority under the Natural Gas Act for the siting, construction, operation and maintenance of these facilities. "Small-scale" is based on volumes of LNG produced. The Federal Energy Regulatory Commission has abdicated Congressional jurisdictional authority over these facilities. There was no formal rule making (see attached).

The American LNG export facility located at 6800 NW 72nd St. in Miami skirted NEPA review by the U. S. Department of Energy by claiming a Categorical Exclusion (B5.7) that went unchallenged by the DOE. This Exclusion cannot be used for "new construction." The Miami export facility was "new construction."

LNG Holdings (Florida), owner/operator of the facility, did not file an application with the DOE to export LNG. Rather, LNG Holdings/New Fortress Energy affiliate American LNG filed the application. American compared its operation to Carib Energy that received authorization from the DOE to export LNG to non-FTA nations from the proposed Floridian Natural Gas Facility proposed for Indiantown. The big difference between Floridian and LNG Holdings, however, is that Floridian is a FERC-jurisdictional project, and FERC performed an Environmental Assessment for the project. FERC is not involved with any of the New Fortress Energy LNG inland export projects.

In 2012, Fortress Investment Group wanted to hire a data control person. The job description said Fortress planned to develop a nationwide LNG production and distribution (i.e. rail) business. Michael Reininger, past president of AAF, served as AECOM's Chief Development Officer. AECOM was involved with constructing the TRANSCO Natural Gas Pipeline that feeds the Sabal Trail Pipeline and Southeast Market Connection that terminate in Indiantown, Martin

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County. Another inland LNG facility has been proposed for Crystal River, Florida. AECOM will serve as EPCM for the LNG export project.

We regulate propane in Florida, but not LNG. This is absurd.”

CeCe Scofield is a member of the Coalition for Responsible Siting of LNG Facilities in Fall River, Massachusetts, and served as a founding member and President of Citizens for Environmental Justice of Greater Fall River, Inc., a 501c3 nonprofit. She moved to Florida in 2009.

CeCe Scofield also sent me a proposal for LNG regulation in Florida. I am including it in its entirety without modification.

“PROPOSAL FOR FLORIDA DEPARTMENT OF AGRICULTURE TO REGULATE LIQUEFIED NATURAL GAS (LNG) PRODUCTION, STORAGE AND TRANSPORT OPERATIONS IN THE STATE OF FLORIDA PROPOSAL

Criteria must be established for the safe siting, construction and operation of LNG facilities and require that such facilities obtain a permit from the Florida Department of Agriculture to protect public health and the environment in Florida.

Definitions from 49 CFR § 193.2007:

LNG facility means a pipeline facility that is used for liquefying natural gas or synthetic gas or transferring, storing or vaporizing liquefied natural gas.

LNG plant means an LNG facility or system of LNG facilities functioning as a unit.

Permit Application Process should include:

1. The location of the proposed facility
2. A description of alternative locations for the proposed facility, if any
3. Demonstration that the proposal is compatible with surrounding environment and safety of neighboring populations
4. The need for the proposed facility
5. Specification of tank manufacturing design standard and design capacity for each tank
6. The facility capacity, including volume stored in loaded 10,000-gallon ISO containers
7. Expected sources of natural gas
8. Possible environmental impacts of the proposed facility and facility features with procedures to mitigate
9. Report prepared by independent qualified person that evaluates capability and preparedness

of fire departments in the vicinity of the proposed facility who would respond to a release of LNG or fire involving LNG, detailing any deficiencies with cost estimate for remedying

10. Proof of liability insurance covering proposed LNG operations

11. Written listing of applicable NFPA (National Fire Protection Association) requirements

12. Maps of floodplains

13. Such other information as Florida Department of Agriculture determines is necessary to approve or deny Permit request.

Criteria for Siting and Operations of Facilities :

1. All LNG facilities must comply with the requirements of the provisions of the current edition of NFPA 59A Standard for the Production, Storage, and Handling of LNG.

2. Transfers of LNG to trucks or rail cars must also comply with the applicable provisions of the October 1, 2013, edition of the United States Department of Transportation’s Pipeline Safety Regulations, 49 CFR Part 193, Subchapter D.

cont., next page

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Good Day!, cont.

3. Facilities that transfer LNG to and from marine vessels shall be designed, built and operated in accordance with 49 CFR Part 193, Subchapter D and/or the July 1, 2013, edition of the United States Coast Guard's Navigation and Navigable Waters Regulations, 33 CFR Part 127, as applicable.

4. Florida Department of Agriculture will determine if the information provided indicates need for additional training, personnel or equipment to enable local fire departments to respond effectively to any release or fire involving LNG at the facility. If additional training, personnel or equipment is needed, it shall be provided by the applicant before beginning operation of the facility.

5. Florida Department of Agriculture shall consider the physical, flammability and explosivity characteristics of LNG in determining compliance, including risks to persons and property in the neighboring area of an LNG facility and risks from transportation accidents.

Public Participation:

Hearings, comments, or participation by Federal, State or local government bodies or members of the public relative to any permit proceedings, shall be conducted.

New York State adopted Regulation 6 NYCRR Part 570 to implement safe siting, operating, and transportation requirements for LNG facilities in New York. See:

Express Terms (Full Text) - 6 NYCRR Part 570 - NYS Dept. of ...

www.dec.ny.gov/regulations/93166.html

Full text of regulation for liquefied natural gas facilities. ... A new Part 570 is proposed to be added to 6 NYCRR to read as follows: 6 NYCRR

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Part 570. Liquefied ...

Prepared by:

CeCe Scofield

Palm City, FL

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08/24/18

CeCe Scofield is a strong advocate for LNG safety and very concerned on how little our governments are paying attention to this issue. I will try to include more in future months.

In another story, an article in the Financial Times, titled, "Trump Administration nears decision on LNG shipping by train," federal approval may be near. The article stated the industry needed the ability to reach areas limited by pipeline constraints for shipping low volumes of LNG. The article stated the deadline for comments is Monday, but the article didn't give a date. It stated President Trump request a national LNG by rail policy from the transportation department in an executive order last year on energy. Opponents question the safety when one rail car can expand to over 2,500,000 cu feet if the car was punctured. Opponents also questioned the administration's putting so much to enable greenhouse gas development when we should be putting all our energy into addressing climate change.

Reference:

<https://www.ft.com/content/10e8d040-33d1-11ea-9703-eea0cae3f0de>

Port St. John Christmas Parade

Congratulations Community Foundation! I have been in every Christmas Parade since its inception. Not to take anything from those that worked so hard on the parade then, but this December's Parade was the best in our history. I was in the Parrish Truck and waving, but we

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had nothing on the Parrish Choir that followed us singing every upbeat carol. The crowd loved it and was on their feet singing and clapping, and they all seemed to be enjoying the parade.

The joyous atmosphere during this last parade just proves that the more folks who come forward to help is a big advantage. We now have many more residents who are willing to lend a hand. So look forward to a new decade of Port St. John coming up in the world. Well, at least in Brevard County.

Cheerio,
Maureen Rupe
rupe32927@earthlink.net

The 2019 parade was done by the same team from the last several years. PSJCF joined us this year, but don't take over until 2020. And many of us will stay. HAPPENINGS did all 30 parades.

Flea market

A Flea Market will be held on Saturday, February 8th at First United Methodist Church of Port St. John, 1165 Fay Blvd. Bring your stuff to sell and/or come buy others stuff. Setup will start at 7 am and the Flea Market will open from 8 am -1:00 pm.

Hot dogs, chips and soft drinks will be available for a nominal charge.

All buyers and sellers are welcome. Please come sell and/or buy and keep all the proceeds yourself. Some tables are available. First come gets them.

Please bring your own supplies and your own change (\$1 bills, \$5 bills, coins).

For more information, call 321-631-0183.

PSJ Flea Market

New Project For Brevard Zoo

DID YOU KNOW that the Brevard Zoo is recognized as the World's largest community built zoo? Did you also know that the Brevard Zoo is in the process of creating a community built aquarium? Community means you, me, us, WE, the citizens of Brevard County.

Get involved as a volunteer, an advocate, an ambassador or a sponsor and help make this dream a reality.

For more information about this exciting opportunity, go to the web page <https://theaquariumproject.org/> or the Facebook page <https://www.facebook.com/aquariumprojectfl/>.

For more information on Brevard Zoo, go to www.brevardzoo.com. ~ Amy Bohrod



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Space Coast Viper Varsity/JV Softball Schedule

Game	Date	Time	Away	Home	Location
	15-Feb	12:00	V Martin County @	Space Coast	Lady Shark Pre-Season Sebastian River HS
	15-Feb	4:00	V Space Coast @	Sebastian River	Lady Shark Pre-Season Sebastian River HS
1	18-Feb	5:15/7:15	Melbourne @	Space Coast	Space Casat HS
2	20-Feb	5:15/7:15	Viera @	Space Coast	Space Coast HS
3	21-Feb	5:15/7:15	Space Coast @	Eau Gallie	Eau Gallie HS
4	25-Feb	5:15/7:15	Space Coast @	Rockledge	Rockledge HS
5	27-Feb	5:15/7:15	Space Coast @	Merritt Island	Merritt Island HS
6	3-Mar	6:00	V Bayside @	Space Coast	Space Coast HS
	4-Mar	6:00	JV Cocoa @	Space Coast	Space Coast HS
7	6-Mar	TBD	Raider Invitational @		Hall Brady Park
8	6-Mar	TBD	Raider Invitational @		Hall Brady Park
9	7-Mar	TBD	Raider Invitational @		Hall Brady Park
10	7-Mar	TBD	Raider Invitational @		Hall Brady Park
11	10-Mar	5:15/7:15	Space Coast @	Heritage	Heritage HS
12	12-Mar	5:15/7:15	Space Coast @	Titusville	Titusville HS
13	13-Mar	5:15/7:15	Cocoa Beach @	Space Coast	Space Coast HS
14	24-Mar	6:00	V Satellite @	Space Coast	Space Coast HS
15	26-Mar	5:15/7:15	Palm Bay @	Space Coast	Space Coast HS
16	27-Mar	5:15/7:15	Lakes Community @	Space Coast	Space Coast HS
17	31-Mar	5:15/7:15	Space Coast @	Astronaut	Astronaut HS
18	2-Apr	5:15/7:15	Cocoa Beach @	Space Coast	Space Coast HS
19	3-Apr	5:00/7:00	Space Coast @	Oviedo	Oviedo HS
20	7-Apr	5:15/7:15	Space Coast @	Eau Gallie	Eau Gallie HS
	8-Apr	6:30	JV Space Coast @	Bishop Moore	Bishop Moore HS
21	9-Apr	6:00	V Cocoa @	Space Coast	Space Coast HS
22	14-Apr	5:00/7:00	Space Coast @	Spruce Creek	Spruce Creek HS
	16-Apr	6:00	JV Bishop Moore @	Space Coast	Space Coast HS
23	16-Apr	6:30	V Space Coast @	Harmony	Harmony HS
24	17-Apr	6:00	V Osceola @	Space Coast	Space Coast HS
25	20-Apr	6:30	V Space Coast @	Bishop Moore	Bishop Moore HS
	27-Apr	TBD	Districts Round #1		
	28-Apr	5:00	District Semi-Final		
	28-Apr	7:00	District Semi-Final		
	30-Apr	7:00	District Final		

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Rose's Room

~ Rose Padrick

Winters over! (To newcomers, Florida winter usually lasts 4.7 days and we have been suffering for at least 10 days.)

TIME TO TRAVEL! Short trips with loved ones are my second favorite way to spend my semi-retirement, the following true story pretty much explains why . . .

A few years ago my mother was hospitalized in the only medical facility close to the small town she was living in at the time. The little hospital was owned by a religious organization and ahead of its time in many treatments and medicines. She received excellent care from all staff members. Which was a good thing because her two daughters, who rushed to be by her side when we learned of her illness, could have benefited from nursemaids themselves.

My sister Carol was born and raised in New York, which explains her rather odd manner of speech. I was raised in Merritt Island, so I talk normal, Y'all. Knowing that sometimes people in small southern towns may have just a tiny problem understanding Brooklynese, I allowed I would do whatever speaking was necessary. She was not thrilled at first, but after I reminded her many true Rebels are still disputing the outcome of the war and almost every truck with a Rebel flag on it also had gun racks in the rear window, she agreed that might be a good idea.

I knew the gun racks were for hunting, but the way her eyes pop wide open and she glances nervously around when I tell her stuff like that is priceless.

The almost twenty hours spent holding Mama's hand, whispering to her, each other, and The One Above paid off big time late that night when the doctor examined her and declared she had turned the corner and was much improved. He also declared the nurses were tired of working around us and we should go get some rest.

So, hyped up on sugar and caffeine and giddy from lack of sleep and good news, we set out.

After thirty minutes spent trying to unlock every little white car in the parking lot, we found Carol's rental, which was blue. She tried to explain the first car they gave her was white, but didn't run right. But we were both laughing so hard it just didn't matter.

Stopping at a little Mom and Pop restaurant for a quick bite only increased our giddy hyste-

ria. Carol ordered a hamburger, but not on a roll, just the meat, lettuce and tomato on the side. The waitress, speaking through a respiratory problem, growled, "Why didn't you just order a dinner?" Carol went wide-eyed, and slack-jawed just for a second, but it was enough to send me into a meltdown of laughter, which was thankfully silent.

She answered, "O.K. give me the dinner."

The waitress wheezed, "Which one?"

Eyes wide now for a totally different reason, Carol replied, "The hamburger dinner."

When the waitress replied, "We don't have one," I totally lost any hold I may have had on composure. Tears streaming, voice cracking, chest heaving with barely controlled laughter, I ordered us both an omelette.

When the waitress brought our food I asked if there was a motel close by. I should have known better.

Narrowing her eyes, she asked, "Why would you two need a motel?"

I was explaining in Florida speak that we were sisters and our mother was in the hospital here when Carol asked, "Are these omelettes cooked with erl or butta'?"

The waitress' back straightened, her arms crossed, her eyes drilled into mine, "Sisters, huh?!" This time Carol melted into a pile of silent, sobbing, laughter.

I was trying to explain we were hysterical from lack of sleep, the stress, then good news about our mother, when our brother, who lived near that town, walked up, nodded at the waitress like he knew her, and said, "It's O.K. they're with me."

I knew I would probably be struck down by lightning, I even put my hands over my mouth in a futile attempt to keep the words from escaping, but out they came; "Well, I guess we'll need a bigger motel room now."



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Service Times

Sunday: 8:00 Am and 10:00 AM Eucharist
Sunday School during 10:00 AM Service

Wednesday: 6:00 PM Eucharist

Friday: 12:00 PM Eucharist
6:30 PM Evening Prayer

Ash Wednesday Service: Feb. 26th, 6:30 PM

Champagne & Chocolate Sweethearts Sip & Stroll

Grab your sweetheart and come on down to Historic Cocoa Village for the Champagne & Chocolate Sweethearts Sip & Stroll on Saturday, Feb. 8, 5- 9 pm. In addition to our normal offering of wine and beer sampling and snacks, our merchants may have either champagne or sparkling wine and something chocolate.

Check-in is from 5 till 7 PM in the gazebo. For the ticket price of \$25, you will receive a Sip & Stroll commemorative wine or beer glass, a shopping bag and a map of the participating merchants.

Don't forget – your ticket purchase automatically enters you into the drawing for one of our fabulous gift baskets.

For each of the Treasure Zone businesses visited, (marked in red on the map), a chance to win the special Treasure Zone basket is earned. That's one additional chance to win for each Treasure Zone business visited.

Then the fun begins... stroll through the streets of Cocoa Village sampling beer and wines, enjoying treats and taking advantage of merchants' special deals. While browsing our many unique shops, you will find that perfect gift for your sweetheart!

This event usually sells out. Buy your tickets early!

Questions? Call Susan at 321-631-9075. Tickets are available at Ossorio Café & Bakery or online at Eventbrite.com.



You are invited to the 10th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, February 22nd at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Cocoa Village.

Love is in the air! Bring your canine companion, sip your favorite libation, play Bingo for chances to win fabulous prizes, enjoy delicious food from Bobbio's Pizza, and join us for an evening of fun, including raffle baskets and a 50/50 drawing. All proceeds to benefit Schnauzer Love Rescue, Inc., an all-volunteer, nonprofit 501(c)(3) rescue devoted to finding homes for all Miniature Schnauzers who are unwanted or have been abandoned.

All pets must be on a leash (or in appropriate carriers) and have current vaccinations and county tags for the safety of our animals and friends. We hope you can join us!

For more information, contact Schnauzer Love Rescue, Inc., www.schnauzerloverescue.net/ or:

Pam Shaia at Tails at the Barkery, (321) 305-4584, or: Dirty Oar Beer Company, (321) 301-4306.

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- Family/Caregiver Education
- Adult Grief Support
- North Star Child Grief Program
- Level 4 Partner in the national We Honor Veterans program


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Monthly Tax Update

Wow, have you seen the new 2020 W-4, Employee's Withholding Certificate? The new form removes the traditional filing statuses of Single, Married, and Married at the Single higher rate. It's now Single, Head of Household, and Married. Also, there isn't any consideration to your number of exemptions. So, what do you do now?

You have the right to retain your pre-2020 W-4, or complete a new W-4 following the instructions and method of arriving at what to enter on the form. I believe everyone is confused from the employee to the employer. Basically, you have withheld taxes or you're exempt. You really have no way of reducing the amount of withheld taxes without completing the new W-4. If you complete your new 2020 W-4 and just check single or married, then the amount of withheld taxes are already predetermined and set. However, if you have other circumstances where your withheld taxes should be more or less, you'll have to complete page 3 to determine the additional adjustments provided. These circumstances include two earners, child tax credits, education credits, dependents and other tax credits.

WINTER MUSIC FESTIVAL

Noon to 4 pm, February 22nd in the gardens at Unity on the Space Coast, 2000 South St., Titusville.

Come hear powerful, uplifting, heart opening and inspiring music performed by some of our nation's top positive music artists! Stay for an afternoon



Daniel Nahmod



John Stringer



Kim Belew

of music and fun, including a Bounce House for the kids and delicious food. Bring your blankets and chairs to enjoy a beautiful afternoon of music and friendship.

The cost is \$15, children 10 and under are free! Tickets are available at <http://unityonthespacecoast.rsvpify.com>.

A positive path for spiritual living:
unityonthespacecoast.org.

My recommendation would be to complete the W-4, submit it to your employer and review the withheld taxes to evaluate if the amount withheld is correct or not. If it seems your coming up short, you can elect to have an additional amount withheld on page 1, line 4c. On the other hand, if the amount is more than necessary, you'll have to disregard the amount you entered on page 1, line 4b, and increase the amount of the deduction. This isn't right, but it would work.

Next, I would also suggest you'll need to consult with your tax advisor for resolving your confusion.

Okay, with that said, I need to address the employer. In Publication 15-T, you'll find two sets of tables towards the back of the publication. The first set is the withholding tax tables if the employee has submitted a 2020 W-4. The second set is for the employee electing not to change their W-4, submitted prior to December 31, 2019, and this set you'll be familiar with. Both sets are pretty much cut and dry. You'll just have different columns in the first set. You'll have to be alert to the different classifications and whether they checked box 2 or not. Again, you may need to consult with your tax advisor for resolving your concerns.

We have also found some of the payroll

software doesn't provide for ways to enter the information from pre-2020 W-4's and your only option is to enter the information from the new 2020 W-4. I don't have a recommendation for a solution except to contact the software developer and request their assistance.

I guess the biggest concern is to inform your employees they need to be aware of the adjustments taking place. They will need to complete a tax evaluation and make sure adequate withholding is being done to prevent them from incurring a tax liability when completing their tax return. It is our belief the government is trying to reel in some of these large refunds and large tax liabilities making everyone, pretty much, pay in what they only need; no more or no less. Good luck!!!

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

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Brevard County Sheriff's Office



**** PSJ Christmas P**

Best Overall: Brevard
 We stopped giving plaques for 3rd place and gave them up, but there were great entries this year.

1st Place Creativity: Kimco
2nd Place Creativity: Brigada
2nd Place Creativity: Dogway

1st Place Christmas Spirit: Cub Scouts
2nd Place Christmas Spirit: Old Florida
3rd Place Christmas Spirit: Challenger

1st Place Parade Theme: Parrish
2nd Place Parade Theme: Cub Scouts
3rd Place Parade Theme: Kimco

1st Place Marching Musical: 1st Baptist
2nd Place Marching Musical: Space Coast
3rd Place Marching Musical: Space Coast

1st Place Marching Non-Musical: Port St. John
2nd Place Marching Non-Musical: Space Coast
3rd Place Marching Non-Musical: PSJ Blue



Parade Results! **

ard County Sheriff's Office

few years ago because no one ever picked
year and they're worth announcing!

Real Estate
wg's (tie)
y Grooming (tie)

out Pack 704
orida Grill
nger 7 Elementary

n Medical Center
out Pack 359
Real Estate

otist Church of PSJ
Coast Vipers Marching Band
Coast Panthers

. John United Soccer
Coast Vipers Cheerleaders
ackbelt Academy





Ash Wednesday

You are invited to Ash Wednesday Service on Wednesday, February 26, 2020 at 7:00 pm. The service will be held at First United Methodist Church of Port St. John, 1165 Fay Blvd.

For more information, call 321-631-0183.

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 23rd, 2:00-5:00 p.m. at Elks Lodge #1532, 315 Florida Ave., Cocoa. The event is open to the public. Admission is free.

The club is dedicated to promoting the visibility and value of the accordion. For more information, contact Rod Hall, 866-455-2322.

Fashion Show & Card Party

The Divine Mercy Council of Catholic Women is hosting a "Downton Abbey" Fashion Show & Card Party on February 7, 2020 from 9:00 am to 2:30 pm in the church dome at 1940 N. Courtenay Parkway, Merritt Island.

The event includes luncheon, fashion show, door prizes, several raffles, and bingo. Cost is only \$20. Tickets can be obtained at the church office or by calling Ginny at 917-913-8179.

For more information, contact Margaret Wolf, mmwolf1976@gmail.com.

Word Painters

Do you enjoy 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 of all levels are welcome!

Citizens Academy 2020

Get the Inside Scoop on Brevard County Government at Citizens Academy 2020. Come learn about your county in the coolest civics class you will ever take! Learn how Brevard County develops a budget, paves roads, trains employees, maintains parks, cares for our natural resources and so much more!

During class you will have the opportunity to ask staff and department directors about their departments -- what they do, how they get it done and what the future holds.

Citizens Academy 2020, sponsored by UF/IFAS Extension Brevard County, is held at various locations throughout the County for nine Thursdays beginning Jan. 16 and ending on March 26. Classes begin at 9 a.m. and end no later than 2 p.m.

This cool class series is also FREE!! All we ask is that you register in advance, since our size is limited.

What are you waiting for? Register now! Visit our Eventbrite website at www.eventbrite.com/e/brevard-county-citizens-academy-2020-tickets.

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Saturday - 9:00 AM - 3:00 PM
Sunday - CLOSED



Super Bowl of Trivia

We invite you to join the fun at the 8th Annual Super Bowl of Trivia! Roaring into 2020! on February 8th, 5:00 - 9:00 pm at Indian River Preserve 3950 Clubhouse Drive, Mims, and support the Women's Center North Guild Fund Raising efforts. Tickets and team tables now available as well as sponsorship and donation opportunities.

The contest will be 8 rounds of 10 questions on a variety of trivia topics. Bring your team of 8 or we will place you on a team.

Please visit WomensCenter.net or contact us if you would like more information. We extend to you our heartfelt gratitude for any contribution you can offer. The charitable heart is not measured in size, but by the depth of the commitment to make a difference in the lives of others. Together we can change lives for the better, forever.

Sincerely;

Martha Hannah & MaryAnn McClain

8th Annual Super Bowl of Trivia Chairwomen
Women's Center North Guild

womenscenternorthguild@gmail.com

Martha, 321-298-5839; MaryAnn 765-620-2232.

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 February 2020 support groups listed below:

- **AWAKE Sleep Disorders Support Group**
Celebration: Monday, February 10, 6-8 p.m., Parrish Healthcare Center, 5005 Port St. John Parkway, Port St. John.

- **Caregiver Support Group:** Thursday, February 6 and 20, 9:30-11:30 a.m., Heritage Hall, 931 N. Washington Ave., Titusville.

- **Caregiver Academy:** Thursday, February 13, 10-11 a.m., Heritage Hall, 931 N. Washington Ave., Titusville.

- **Diabetes Support Group:** Thursday, February 13, 3:30-5 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

- **Diabetes Community Education Class:** Thursday, February 20, 3-5 p.m., Parrish Medical Center, 951 N. Washington Ave., Titusville.

- **Fearless Café:** Wednesday, February 5, 10-11 a.m., Heritage Hall, 931 N. Washington Ave.

- **MAK Gathering (Moms and Kidz) Sup-**

port Group: Mondays and Wednesdays (February 3, 5, 10, 12, 17, 19, 24 and 26), 10-11:30 a.m., The Children's Center, 5650 S. Washington Ave., Titusville.

- **Parkinson's Support Group of North Brevard:** Thursday, February 20, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

- **Pulmonary Hypertension Support Group:** Tuesday, February 11, 3-5 p.m., Grace United Methodist Church, Merritt Island.

- **Stroke-Heart Survivors Group:** Tuesday, February 18, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville.

- **Parrish Partners Cancer Support Group:** Monday, February 17, 4-5:30 p.m., Parrish Medical Center, 951 N. Washington Ave.

- **NAMI Family Support Group:** Wednesday, February 5, 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.



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3 BR/2 Bath \$154,900

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A dream home waiting for a new owner to show some love. This brick home on a corner lot has a screened in-ground pool, fireplace, carport for RV, more. Needs TLC. Roof had leaks, so it was replaced. Now it needs paint, some minor repairs including screen repairs. Great opportunity for a new owner!

COMMUNITY CALENDAR

Alcoholics Anonymous meets on **Sundays** at 5 PM, Tuesdays and Thursdays at 6:30 PM.

Women's AA meets on Thursdays and Fridays, 10 AM. **Both AA Groups meet at St. Patrick's Church, 4797 Curtis Blvd.**

Overeaters Anonymous meets in PSJ on **Saturdays** at 9:30 AM 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 St. Patrick's Anglican Church, 4797 Curtis Blvd. - www.naranonfl.org.

2-2 Groundhog Day!

2-2 Super Bowl!

2-4 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.

2-5 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.

2-5 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/.

2-9 Tu Bishvet Starts

2-9 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & Nov.), 2 PM, Cocoa Library.

2-9 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 for info.

2-9 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 for more information. Print "Writers Group" in Subject.

2-13 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.

2-14 Valentine's Day

2-14 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.

2-17 President's Day

2-17 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.

2-19 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.

2-21 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.

2-25 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.

2-25 Mardi Gras!

2-26 Ash Wednesday

Congratulations to:

Kara Scott turns **9** on the 2nd.

Kyle Davis turns **26** on the 3rd.

Jack Bray turns crazier on the 3rd.

Cheyenne Marquez turns **Sweet 16** on the 4th!

Drake & Madison Rowell are **23** on the 7th.

Amethyst Crawford turns **19** on the 7th

Cassidy Michonski turns **22** on the 7th!

Jennifer Wilson turns **28** on the 9th.

Nicolas Wagner turns **16** on the 11th.

Segunda Leach turns cuter on the 11th.

Jamey Blevins will turn **15** on the 11th.

Joshua Wilson turns **25** on the 14th.

Missy Crawford parties wild on the 18th.

Samantha Hurst turns **21** on the 23rd

Cely Sanchez turns hotter on the 25th.

Jason Sanchez turns **20** on the 26th.

Laura Wagner rocks the house on the 27th.

Kobi Ragan turns cooler on the 27th.

Ashlee Rickard turns **13TEEN** on the 27th.

Amber Baum turns prettier on the 29th.

Jack & Sue Bray celebrate their **40th** anniversary on the 1st.

Adam & Dawn Niehoff celebrate their **14th** anniversary on the 4th.

Michael & Helen Lapardo celebrate **33** this month.

Tom & Laura Wagner celebrate their **19th** wedding anniversary on the 17th.

Derek & Leslie Rickard celebrate their **16th** 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
Space Coast Jr/Sr High School -	638-0750
Sexual Offender Registry -	
www3.fdle.state.fl.us/sexual_predators/	

Social Security Administration and its Inspector General Announce New Online Reporting Form for Imposter Scam Calls

Andrew Saul, Commissioner of Social Security, and Gail S. Ennis, the Inspector General for the Social Security Administration, announce the launch of a dedicated online form at <https://oig.ssa.gov> to receive reports from the public of Social Security-related scams. These scams—in which fraudulent callers mislead victims into making cash or gift card payments to avoid arrest for purported Social Security number problems—skyrocketed over the past year to become the #1 type of fraud reported to the Federal Trade Commission and the Social Security Administration.

To combat these scams, Social Security and the OIG will use the new online form to capture data that will be analyzed for trends and commonalities. The OIG will use the data to identify investigative leads which could help identify criminal entities or individuals participating in or facilitating the scams. Ultimately, these efforts are expected to disrupt the scammers, help reduce this type of fraud and reduce the number of victims.

“We are taking action to raise awareness and prevent scammers from harming Americans,” Commissioner Saul said. “I am deeply troubled that our country has not been able to stop these crooks from deceiving some of the most vulnerable members of our society.”

Commissioner Saul and Inspector General Ennis encourage the public to use the new online form to report Social Security phone scams including robocalls and live callers, as well as email, text and in-person scams. The form allows people to create a unique Personal Identification Number (PIN), so if OIG contacts a person about their report, they will know the call is legitimate.

“Awareness is our best hope to thwart the scammers,” said Inspector General Ennis. “Tell your friends and family about them and report them to us when you receive them, but most importantly, just hang up and ignore the calls.”

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person, or promise a Social Security benefit approval, or increase, in exchange for information or money. In those cases, the call is fraudulent and people should just hang up.

Generally, the agency mainly calls people who have recently applied for a Social Security benefit, someone who is already receiving payments and requires an update to their record, or a person who has requested a phone call from the agency. If a person is not in one of these situations, they normally would not receive a call from the agency.

Social Security will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If there is a problem with a person’s Social Security number or record, in most cases Social Security will mail a letter. If a person needs to submit payments to Social Security, the agency will send a letter with instructions and payment options. People should never provide information or payment over the phone or Internet unless they are certain of who is receiving it.

The Social Security OIG will also continue to take reports of fraud, waste, and abuse in Social Security’s programs and operations. A separate online form for those reports remains available at their website.

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Port St. John Public Library

6500 Carole Ave., Port St. John

Lena Penna, Director

(321) 633-1867

February 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 Clinic - Mondays, 2-4 pm

SHINE – Serving Health Insurance Needs of Elders. Tuesdays, 12-3 pm. Counselors assist seniors and the disabled with Medicare and Medicaid questions. Call for an appointment time, 321-222-7981.

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

Juvenile Programs:

Infant Laptime: Tues, 9:15am, Ages 3m to 24m.
Brick by Brick: LEGO free play Tues, 3:30pm, Ages 5-10.

STIR: Thurs, 3:30pm, Storytime for School-aged kids.

Storytime: Fridays, 10:30am, Toddler through Preschool.

Meetings and Events:

2/1, Port St. John Pokémon Club, 10 am-1:45 pm,

2/8 & 2/22, 10 am-12 pm, regulated game play.

2/12, 6:30-7:30 pm, The Bookworms book club.

2/26, 5:30-6:30 pm, Adult Craft. Free. Sign up in Reference.

We are hoping to be a location for the free AARP Tax Preparation beginning in February, 2020, but they are in need of volunteers!

It has been a few years since they have been able to have a regular presence here. They usually are in Cocoa and Titusville libraries and one of the Titusville Community centers and maybe a week here, so we are hopeful.

Do you want to be of service to your community? Consider becoming an AARP Taxaide volunteer. The program helps thousands of residents with income taxes each year throughout Brevard county, including here at the library.

Please email Jennifer Ward at ward638@gmail.com to find out more about this wonderful service and how you can help.

The Library Will Re-open On January 27

Our next meeting will be March 25th at 6pm. Yearly dues of \$5.00 are due at this meeting or they can be paid at the library. Please make sure that you specify on your check that you are paying for your FOTL 2020 dues.

New officers will be elected at the March meeting. Please make every effort to attend this meeting, as the Board will be elected by a majority of members present.

FRIEND
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On The Road With Rose

The Sams House at Pine Island

~ Rose Padrick

I don't like to crow but I don't believe there is another place on earth that can brag about having everything from the earliest native American relics to pioneer homesteads - complete with structures and documented histories - to the latest and most futuristic project on earth; space exploration! All in less than a fifty square mile radius including waterways! Some of the aforementioned square miles consist of the Sams house and surrounding area bordering North Tropical Trail in Merritt Island.

Either North or South Tropical Trails make for a wonderfully peaceful afternoon drive, many places giving a glimpse into what Merritt Island used to be. From north area swampland to Dragon Point, you are never more than a couple of miles from our scenic rivers and lagoons, not to mention the historically significant Barge Canal.

The Sams house is the oldest home in Merritt Island and has been in continuous use since it was constructed in Eau Gallie in 1875. Then the family decided the area wasn't working for them, so the industrious family found fertile land for their citrus groves in what was then Merritt's Island. They dismantled the one room house, floated it up the Indian River lagoon and reconstructed it, all by hand with rudimentary tools. The original cabin and subsequent larger home still stand on the same sites. The cabin is now air conditioned for visitor comfort, open for visitors and houses artifacts from the native burial ground and pioneer settlement days. The separate kitchen and outhouse are no longer standing. There are modern public bathrooms available, however.

Studying the old tools and artifacts, you know there are many stories just waiting to be told about all members of the Sams and other families' hard work scratching out a homestead, chopping trees, pulling bushes, tilling the earth all by hand.

After perusing everything the cabin has to offer, there are several walkways ambling through plantings of fruits, vegetables and trees utilized by the pioneers. They can be enjoyed by all, but the children will enjoy the prehistoric site leading through the ages... including a fifteen-foot sloth.

Hands on exhibits include sifting for animal

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bones and shark's teeth. There is also a screened room for Saturday presentations by speakers or EEL staff.

The nine miles of nature hiking trails are what my grandkids enjoyed the most. We have hiked a different trail each time we visited and have seen a family of hogs run right past us and an alligator taking a nap off the trail. Other visitors have reported seeing otters, bobcats, fox and coyotes. Depending on the time of year, there will be various plants blooming and fruit ripening, some a little surprising. Most of us don't know that palm flowers have a pleasant fragrance. It's easier to enjoy when you're not surrounded by civilization and it's easy to understand how beauty berry got its name.

Walking the trail to the lagoon, we were most impressed by the knowledge that we were walking in the very steps someone, usually a young family member, had to travel every time they fished or hunted for dinner or needed river water for something.

Please do not leave the property without a visit to the native American burial mound. The plaque is most informative and if you stand very

still you can almost imagine them gliding through the underbrush hunting or utilizing a hollowed out log for travel and fishing.

One of the monthly activities will be a Pioneer Day on February 8th. There will be demonstrations, tours, crafts, farmers market, kid's games and more

Workers are happy to arrange field trips for groups of all ages. There is no charge for parking or visiting, but donations are much appreciated and there is sure to be something for each member of your family to enjoy. Hiking and discovering are wonderful ways to make lifetime memories.

Insect spray is recommended during warmer weather and please do not take anything but pictures nor leave anything but footprints.

www.brevardfl.gov//EELProgram/Sanctuaries/SamsHouseSanctuary. Phone 321-449-4720.



Art Show

The Central Brevard Art Association is presenting its annual Spring Art Show and Sale at

the Cape Canaveral Public Library showcasing the unique talents of local artists. Dozens of local artists will be displaying and selling a variety of original fine art and prints, photography, jewelry, silks, clay, wood, sculpture, mixed media and much more! Gift Baskets will be raffled with 100% going to the CBAA scholarship fund.

The Cape Canaveral Public Library is located at 201 Polk Ave. Admission and parking are free. Show hours are Friday, February 14th, 9 AM to 5 PM; and Saturday, February 15, 10 AM to 4 PM.

CBAA is celebrating 60 years as a not-for-profit organization of local artists serving Brevard County. CBAA was created to promote community appreciation of visual arts, provide educational opportunities in visual arts to the local community and support our members through education, instruction, encouragement and promotion. Through community support, CBAA also provides an annual scholarship award to a local graduating high school senior who wishes to pursue a college education in art and sponsors a scholarship at Eastern Florida State College for students pursuing the arts. To learn more, visit www.cbaartists.com, or call us at 321-632-2922.

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Beating Heart Disease - 13 Do's and Don'ts

Heart disease is the leading cause of death in the United States, with stroke following as the third leading cause. Together, heart disease and stroke are among the most widespread and costly health problems facing the nation today. Parrish Medical Center engaged Nebraska-based Professional Research Corporation (PRC) to complete a Community Health Needs Assessment (CHNA) for the North Brevard County community. Some 300 residents were surveyed as part of the CHNA and the respondents cited heart disease among the top priorities. A full copy of the report can be found at parrishhealthcare.com/communitybenefit.

Fortunately, heart disease is preventable. Here are 13 things you can do to beat and prevent heart disease:

DO control your blood pressure. Get your blood pressure checked at least once a year or more often if you have high blood pressure.

DO control your cholesterol and triglycerides. High levels of cholesterol and triglycerides can clog your arteries and raise your risk of heart attack.

DO stay at a healthy weight. Being overweight can increase your risk for heart disease because it is linked to other risk factors, including high cholesterol and triglyceride levels, high blood pressure and diabetes

DO eat a healthy diet. Limit saturated fats, salt and sugars. Eat plenty of fresh fruit, vegetables and whole grains.

DO exercise regularly. Exercise strengthens your heart, improves circulation, cholesterol levels and blood pressure, and helps with weight management. Aim for at least 30 to 60 minutes of moderate exercise daily.

DO limit alcohol. Too much alcohol can raise your blood pressure and adds extra calories.

DON'T smoke. If you do not smoke, do not start. If you do smoke, take steps to quit.

DO manage stress. Prolonged stress puts a strain on the body. Ways to manage your stress include exercise, listening to music and meditating.

DON'T ignore signs of depression. Depression has been proven to be such a risk factor in heart disease that the American Heart Association (AHA) has recommended all patients with heart disease be screened for depression.

DO manage diabetes. Diabetes doubles your

risk of heart disease. Get tested for diabetes and if you have it, to keep it under control.

DO get enough sleep. If you don't get enough sleep, you raise your risk of high blood pressure, obesity, and diabetes. Most adults need 7 to 9 hours of sleep per night. If your sleep is interrupted by snoring or apnea (not breathing for short periods during sleep), you may need a sleep study. Talk with your doctor.

DO get a yearly physical from your primary care provider (PCP). If you don't have a PCP, Parrish Medical Group is accepting new patients. Visit our provider directory at parrishmedgroup.com/directory.

DO know the signs and symptoms of a heart attack and act fast. At the first sign of heart attack symptoms, call 911 and get to the ER. Also, consider taking aspirin at the first sign of symptoms.

Free Heart Disease Risk Assessment

We offer the latest in screening and advanced treatment of heart disease. Take our FREE online Heart Aware Risk Assessment to get a personal snapshot of your heart health. Visit parrishhealthcare.com/heartaware. Or, text "Health" to 321-204-1966 and you can take the assessment on your phone.

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FOR MORE INFORMATION VISIT US ONLINE AT SHARINGCENTERBBQCONTEST.COM

Walter Butler Community Center - February, 2020

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

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

Tuesdays

Introduction to Computers Class 11 a.m.-12 p.m.
Pickleball, 11 a.m.-2 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Kids in Motion, 2-6 p.m.
4-H Garden Club, 3-4 p.m.
Lego Club, 4:30-5:15 p.m.

Wednesdays

Pickleball, 11 a.m.-2 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Kids in Motion, 3-6 p.m.
Volleyball, 5:30-8 p.m.

Thursdays

Introduction to Computer Class, 11 a.m.-12 p.m.
Pickleball, 11 a.m.- 2 p.m.
Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m.
Kids in Motion, 3-6 p.m.
Volleyball, 5:30-8 p.m.

Fridays

Open Computer Lab, 9 a.m.-1 p.m.
Pickleball, 11 a.m.- 1:30 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.

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.

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.

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.

Next Level Basketball League

A basketball league composed of area elementary schools. Each team will be made up of boys and girls in the 5th and 6th grades. January 11 thru February 29, games played each Saturday 10 a.m.-4 p.m., Cost is \$275 per team. For more information contact the Walter Butler Community Center at (321)433-4448.

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.

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, February 13th, 2020, 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.

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.

Our next meeting will be February 10th. Our speaker will be Marge Clericuzio who will bring us up to date on the latest changes to fling our income taxes. No reservations required.

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

Friday Fest Returns to Cape Canaveral for 2020

The City of Cape Canaveral will kick-off 2020 with Friday Fest on February 7th from 6:00-10:00 pm. This family friendly street party takes place on Taylor Avenue in Cape Canaveral and showcases local artists, craft/retail vendors, food trucks and a gigantic kid's zone! Local Legends The Umbrella Thieves will keep the party going throughout the night. Family karaoke will be taking place at different times during the event.

People of all ages are encouraged to sign up and sing their favorite songs in front of a lively crowd. Beer and wine will be available for sale and proceeds will benefit the Space Coast Little League.

This event welcomes people of all ages and as always, admission is FREE! For more information about Friday Fest or any other events hosted by the City of Cape Canaveral, contact the Leisure Services Department at (321) 868-1226 or visit our website at https://www.cityofcapecanaveral.org/community/city_events/.

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

SLEEPY HOLLOW



Fruit From The Groves

On January 9, 2020, there were two meetings of homeowners. The first meeting was a large group that came to discuss the situation with the City of Cocoa rezoning the property south of Canaveral Groves that could affect the residents residing in Canaveral Groves. This property was bought and annexed into Brevard County on or before 2004. It is now being rezoned so that 200 plus homes can be built on the property. The current owner of this property is Virgin Train. No site plans have been submitted to or approved by the City of Cocoa at this time.

After the above meeting, a meeting was held by the Canaveral Groves Homeowners Assn. At this meeting, there was the election of officers for the year 2020. All of the current officers retained their positions. All other business will be discussed at the next meeting on February 13, 2020 at 7 pm at Discovery Church on Grissom Blvd.

Submitted by Debbie Helms-Barrett:

Canaveral Groves was a choice we made to have for a place to live. A community is formed when people join together as we make our families, formulate friendships and have each other's backs. When we live near a neighbor, to know if something were to happen, you would be involved in helping report if it was being burglarized, care about how we all get along within our community. To be able to have the freedoms to enjoy our plants, pets, and hobbies without fear of retribution or having it taken away from us.

Realize the way we live here is precious... know it can change and is changing. Rezoning, new train is coming, and other situations will make for choices that will not be what we wish to have happen. IF YOU FEEL THIS WAY - the only way to preserve what we have is to be involved. Not behind a computer but by joining the community. A good way to do this is by coming to meetings that affect our way of life - get educated and know we can only preserve this by

joining forces with our neighbors.

Once the movements make their way to our elected officials and county governments...it becomes a challenge to fight what has been voted in. Your silence does nothing but for us all to get steamrolled over. IF that is your choice... don't bitch about it when it changes. YOU can be a force to make a difference.

We had our Canaveral Groves Homeowners meeting tonight. How many of you are members? I wasn't an active member until a year ago....and when the container issue raised its ugly head, which affected our property.... we found alike people at this meeting. We were able to join forces. The CG Homeowners meeting gave us a chance to get our mission out and petitions signed. We all were together on getting our message heard and change is happening with this - the obsolete version of their ordinance is being rewritten and no more code enforcement citations are being issued.

Sitting still and hoping for others to make the needed changes may not be enough to keep the Groves from the people who want to change our way of life. Only through numbers can you make a difference. I like my way of life here - a choice we made by buying a home here is because we want to live this way - enjoy our home, property, freedom, and friendships we have forged.

There were many who get in an uproar and once done go back to your own world. Staying informed is key.... we all learn information that can help one another. PLEASE realize we are stronger in numbers. The changes happening in our community will affect you, your roads, your schools, your time (more traffic), crime, taxes, etc. GET INVOLVED...we need your support and help. Join us as we can all make a difference in our community.

Once it is done, don't complain if you stay on the sidelines. What made places to live good in

the past were those who gave of themselves to making their communities better - involvement - good neighbors watching out for one another - and the ability to join together in times of problems, struggles or downright injustice.

We, The People... it is time to come to the conclusion you can make a difference. We join together each month at the Discovery Church at 7:00. Join us in making Canaveral Groves all it can be and protecting how we live here. It is worth the time - you will be sorry if what is changing makes your life different and not so comfortable. Later there are NO DO OVERS!!

~ Debbie Helms-Barrett

Well said and thank you, Debbie.

Ed Silva

President

Canaveral Groves Homeowners
Association

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724, Merritt Island (EAA724) will hold their next meeting on February 12th in the club house on Merritt Island Airport at 7:30 pm.

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 to join us for fun and fellowship. Each month we have an interesting speaker and lots of hangar flying.

The airport is approximately 2 miles south of SR 520 on Courtney Parkway. Turn off Courtney onto the airport and then bear right. Across from the Fire House is the club house with the EAA logo on the end of the building.

For more information, visit the website at www.eaa724.org.

- Dwayne Waters, President

Catherine Schweinsberg Rood Central Library & Reference

308 Forrest Avenue

Cocoa, FL 32922

(321) 633-1792

ADULT PROGRAMS

Let Ree show you how to make quality, ornate gift cards for any occasion at her Art Gallery Cards class on Mondays (except 2/17) at 11 am. 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.

Be gently guided into poses that will give you more flexibility and relaxation at the Gentle Hatha Yoga class with Emily on Thursdays at 10:30 am. Bring towel/yoga mat. Cost is \$5.

Come out for Popcorn and a Movie on Thursdays this February (except 2/27) at 2 pm. We'll show the best in recent box office hits, and classic films. FREE.

Join Jeanette in her Stick Fitness exercise class on Tuesdays 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.

Many ailments in the body are caused by inflammation. Find out about those ailments, and how to naturally remedy them at the Six Steps to Restoring and Optimizing Your Health class on Saturdays starting on February 15 at 9:30 am. This is weeks 1-3 of a FREE 6-week course.

Join Daniel for Upcycling--creating a new, functional craft out of old, discarded items, on Saturday, February 1 at 2 pm. February's Upcycling craft will be Roses. FREE.

Learn the basics of the Android mobile operating system at our Technology Class on Wednesday, February 5 at 10 am. This class is FREE. Please pre-register, and bring Android device.

Learn calming relaxation techniques at the Inner Peace Meditation class on Thursdays, February 6 & 20 at 6:30 pm. Cost is \$5.

Come hear the acoustic and vocal stylings of Sound Traveler on Sunday, February 16 at 3 pm! Their music covers classic rock, pop, country tunes, classy standards, light jazz, folk, traditional and gospel. FREE.

Experience deep peace and relaxation at the Japa Meditation session on Tuesday, February

18 at 11 am. Mala prayer beads will be provided to those who didn't receive one at previous sessions. FREE.

Learn how to download e-books and audiobooks to your mobile device at the Overdrive and Libby class on Wednesday, February 19 at 10 am. This class is FREE. Please pre-register with Reference at 321-633-1792.

Join the monthly Mystery Book Club discussion where everyone reads a different book on a common theme. February's theme is Far East Asia. The discussion will be on Thursday, February 20, from 12:15 pm- 2:15 pm. Contact the Reference Desk at 321-633-1792 for further details.

Join Normandie for the Bead Ladies Jewelry class on Thursday, February 27 at 1 pm. February's jewelry craft is Chakra jewelry. The \$20 cost includes instructions and materials. For more information, and to pre-register, call Normandie at 321-225-1394.

February Classes at the Studios of Cocoa Beach

Saturday, February 1, 9 am to 1 pm - "Getting Started in Watercolors" with Ed Carlson. Learn the basics of watercolor painting and go home with a completed riverside landscape painting of "Crazy Horse Fishcamp." \$50 includes all materials needed.

Saturday, February 8, 10 am to 1 pm - "Metal-smithing 101" with Karol Bobb. Learn a variety of techniques working with metal, suitable for making jewelry. \$75 plus \$6 supply fee.

Saturday, February 22, 10 am to 1 pm - "Art Quilting with Inktense Pencils" with Doris Hulse. Learn to create a small quilted piece by drawing on fabric with ink pencils. \$45 plus \$10 supply fee.

Thursday, February 27, 2 to 5 pm or Saturday February 29, 11 am to 2 pm - "Digital Painting: The Mystery Solved" with Dale Turner. Learn to use the software on your tablet or laptop to create images, \$50.

All classes will be held at the Studios of Cocoa Beach, 165 Minuteman Causeway in downtown Cocoa Beach. Register online at the Studios website -www.studiosofcocoa beach.org - where you can find complete information on all the workshops.

Space Coast Food Festival 35th Chowder Cook-Off!

Cocoa Beach Regional Chamber of Commerce/Convention & Visitors Bureau Announces the Space Coast Food Festival 35th Chowder Cook-Off on February 8, 2020, 5:00 pm - 9:00 pm inside Port Canaveral Cruise Terminal 1.

Early Entry with VIP & Connoisseur tickets can enter at 5:00 pm. General Admission ticket holders can enter at 6:00 pm.

This long standing popular event is sure to be a great time with unlimited samples of Chowders, Twists (non-chowders) and in 2020 - Desserts.

Enjoy Music by HOT PINK.

Vendor Showcase, Silent Auction and Cash Bar are sponsored by Carroll Distributing, introducing Bud Light Seltzers and Babe Wines, along with your favorite beers and drinks.

Defending their 2019 titles: Judges 1st place Chowder - Hilton Cocoa Beach Oceanfront ; 1st Place Twist - Grills Seafood Deck & Tiki Bar

Cast your vote for the People's Choice!

Ticket Information: General admission tickets with a 6 pm entry time are \$25 in advance, \$30 at the door. VIP tickets are \$40 in advance, \$50 at the door with 5 pm entry; and limited Connoisseur level at \$75, 5 pm entry.

Tickets are available at EventBrite or hard copy tickets can be purchased at the Cocoa Beach Regional Chamber of Commerce, 400 Fortenberry Rd., Merritt Island and the Chamber office at The Avenue Viera, 6729 Colonnade Ave. #111 and the CVB's Tourist Information Center 3800 N. Atlantic Avenue Cocoa Beach 7 days a week 9 am - 4 pm.

All admission includes unlimited sample tastings of all entries, vendor showcase, silent auction, drawings, live entertainment by Hot Pink and lots of fun! Each ticket includes a special offer for Victory Casino Cruises.

For information regarding the event, to register to participate as a restaurant or table top vendor, please email: dmiller@cocoa beachchamber.com.

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Life Stories

*A healing experience
from fast response
to recovery.*

Violet had plans to babysit her grandchildren one morning, but started to have severe symptoms that stopped her in her tracks. She called her daughter and was immediately rushed to the Emergency Room. At Parrish Medical Center, Violet was diagnosed with a stroke. In collaboration with Mayo Clinic, Parrish Medical Center was able to provide lifesaving treatment for Violet close to her home and family.

“It was a group effort to save me. From the nurses and doctors at Parrish Medical Center to the expertise from Mayo Clinic, it all truly made a difference.”

Learn more about the healing experiences at Parrish Healthcare and watch Violet's story online at parrishhealthcare.com/violet



parrishhealthcare.com

Where the Art of Healing comes to Life.



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