

HAPPENINGS

ISSUE NO. 380

JANUARY 2022

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 Results! ***

The 33rd annual Port St. John Christmas Parade took off under clear skies, and the day remained beautiful, if a little hot for December. Best Overall was won by Port St. John Golf Cart Club with dazzling decorations on lots of carts and lots of imagination to make them look great! The parade was over a mile long. Fay Blvd. was lined with the largest crowd we've ever had.

Thank you to the residents of Fay Blvd. who get blocked in for 2 hours. We appreciate you!

Our Grand Marshal this year was from our four PSJ schools, the Principals, along with the Teachers of the Year and Employees of the year, the people who kept our schools open and our children's education continuing in spite of the pandemic and having to deal with new policies seemingly on a weekly basis. Our heroes are all the school and education workers who have stayed on the job. Our Grand Marshals this year are our Principals:

Courtney Maynor, Challenger 7 Elementary
Kelli Dufresne, Enterprise Elementary
Jennifer Clarke, Atlantis Elementary
Joseph Flora, Space Coast Jr/Sr High



We still had a lot of new entries and a lot of happy spectators out to see the parade.

As always, a VERY BIG THANK YOU goes out to our wonderful sponsors who make the parade possible: Parrish Healthcare, Happenings, Higginbotham Companies, Maureen Rupe, Freedom Air Conditioning, Sweeney's Auto Repair, Shirt Shack, Allstate Insurance, All Air and Heat, Inc., Brigdawg's Pet Supplies, Shipping Depot, Space Coast Panthers, State Farm Insurance, All Star Pest Control, Pinch-A-Penny PSJ, Talkmore Wireless Radio and Reliable Towing. We are not

a county-funded parade, so please remember these businesses and people who give back to make our community a wonderful place to live.

And of course, a BIG THANK YOU to the Christmas Parade Committee and our newest volunteers, many of whom miss the parade every year working at Challenger 7 Elementary staging the entries to create the parade. YOU ARE AWESOME!

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

Christmas Parade Winners:

Best Overall - PSJ Golf Cart Club

- | | |
|---------------------------------|-------------------------|
| 1st Place Creativity | Mud Buggies |
| 2nd Place Creativity | Brevard County Sheriff |
| 1st Place Spirit | Brevard County Sheriff |
| 2nd Place Spirit | Allstate Insurance |
| 1st Place Theme | Challenger 7 Elementary |
| 2nd Place Theme | Domino's/Best Buddies |
| 1st Place Musical: | SCHS Vipers Band |
| 2nd Place Musical | Enterprise Elementary |
| 1st Place Marching Non-Musical: | SCHS Vipers Step Team |
| 2nd Place Marching Non-Musical: | SC Vipers Cheerleaders |

or current resident

Resident
Cocoa, FL

PRSRST STD
US POSTAGE
PAID
COCOA, FL 32922
PERMIT NO. 53

ECRWSS

Parrish Medical Group Welcomes

Mara De La Vega, MD
Board Certified Primary Care

Call for your appointment,
321-268-6868.

**PARRISH HEALTHCARE CENTER
TITUS LANDING**
250 Harrison St.
Titusville, FL 32780

Medicare, Medicaid and most insurances accepted.



parrishmedgroup.com

AstraZeneca COVID Antibody Cocktail Gets Emergency Use OK

The Food and Drug Administration authorized the first injectable monoclonal antibody cocktail for long-term prevention of COVID-19 among people with weakened immune systems before they have been exposed to the coronavirus. The FDA issued an emergency use authorization last month for AstraZeneca's antibody cocktail, Evusheld, for what is known as pre-exposure prophylaxis, or PrEP, against COVID-19.

The FDA granted the designation for Evusheld in adults and adolescents (ages 12 and older) who are immune-compromised due to a medical condition or medications and who may not mount an adequate immune response to a COVID-19 vaccination.

The drug combo also helps those who are not recommended for a COVID vaccination.

The authorization does not cover those who have the virus.

Evusheld is a combination of two long-acting monoclonal antibodies and is the only antibody therapy authorized in the US for COVID-19

pre-exposure and the only COVID-19 antibody delivered as an intramuscular dose.

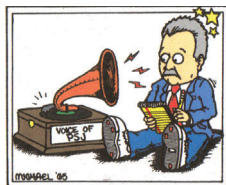
About 2% of the global population is considered at increased risk of an inadequate response to a COVID-19 vaccine. About seven million people in the US are immunocompromised and may benefit from Evusheld. This includes people with blood cancers or other cancers being treated with chemotherapy, and those taking medications after an organ transplant or who are taking immunosuppressive drugs for conditions including multiple sclerosis and rheumatoid arthritis.

First doses are expected soon, according to the company.

The ongoing Provent Phase III trial showed a 77% reduction at primary analysis, 83% at median six-month analysis, in the risk of developing symptomatic COVID-19 compared to placebo, with protection from the virus continuing for at least six months.

More follow-up will be undertaken for the full duration of protection provided by Evusheld.

PSJ Christmas Parade Day



Randy Rodriguez - Realtor

Cell: 321-863-7499

Office: 321-799-0221

**HAPPY NEW
YEAR!**



2 Bedroom/2 Bath Conversion \$219,000

Relax in comfort in your back yard tropical paradise. This lovely home on corner lot has French doors to patio, 1-car garage and 1-car steel carport, new roof in 2020, SS refrigerator in 2021. Lush landscaping. Owner says it's all edible - fruit trees, spices, natural health plants. 3rd bedroom was converted to a formal dining room. A door and closing a doorway would change it back. Well and pump, fenced lawn. LARGE pantry, utility room with washer and dryer. Shed on slab in back yard. Natural gas connection available. More!



**COLDWELL BANKER
REALTY**

PSJ Community Center Schedule - January, 2022

The center is open Mondays–Thursdays from 10 AM to 7 PM, Fridays from 9 AM to 6 PM, Saturdays 10 - 2 pm. **Schedule is subject to change. For latest information or to register, call 633-1904.**

Mondays

Closed for Martin Luther King Jr. Holiday

Seniors At Lunch, 10:00 a.m.-1:00 p.m.
 Outside Basketball, 10 a.m - 7 p.m.
 Game Room/Computers, 10 a.m. - 7 p.m.
 Billiards, 10 a.m. – 7 p.m.
 Community Cares Aftercare, 2:30 p.m. – 6 p.m.
 Zumba (adult class with Jackie), 5:30 – 6 :30 p.m.

Tuesdays

Seniors At Lunch, 10:00 a.m.-1:00 p.m.
 Outside Basketball, 10 a.m - 7 p.m.
 Game Room/Computers, 10 a.m. - 7 p.m.
 Billiards, 10 a.m. - 7 p.m.
 Community Cares Aftercare, 2:30 p.m. – 6 p.m.

Wednesdays

Seniors At Lunch, 10:00 a.m.-1:00 p.m.
 Outside Basketball, 10 a.m - 7 p.m.
 Game Room/Computers, 10 a.m. - 7 p.m.
 Billiards, 10 a.m. – 7 p.m.
 Community Cares Aftercare, 2:30 p.m. – 6 p.m.
 12th & 26th-Culinary Kid's 4:00 p.m.-5:30 p.m.

Thursdays

Seniors At Lunch, 10:00 a.m.-1:00 p.m.
 Outside Basketball, 10 a.m - 7 p.m.
 Game Room/Computers, 10 a.m. - 7 p.m.
 Billiards, 10 a.m. - 7 p.m.
 Community Cares Aftercare, 2:30 p.m. – 6 p.m.
 6th, 13th, & 27th - Advanced level Line Dance class, 4:30 -6:30 p.m.

Fridays

Seniors At Lunch, 10:00 a.m.-1:00 p.m.
 Outside Basketball, 9 a.m - 6 p.m.
 Game Room/Computers, 9 a.m. - 6 p.m.
 Billiards, 9 a.m. - 6 p.m.

Community Cares Aftercare, 1:30 p.m. – 6 p.m.

Saturdays

Outside Basketball, 10 a.m - 2 p.m.
 Game Room/Computers, 10 a.m. - 2 p.m.

Zumba Classes With Jackie - A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Details about my class - We social distance with flair! * Bring your water bottle* Bring your towel* Bring a buddy* Only \$5 for an hour of fun while you work out and torch the calories!
 ~ Jackie Lewis

About Kel's Kitchen:

Culinary Kids—Every other Wednesday at 4:00-5:30 pm. A special program for the child who has a keen interest in all things culinary. This program runs every other Wednesday. The focus is on developing foundational skills to carry into your kitchen at home. \$18.00 per child. Adult must accompany child and you must preregister at www.floridakelskitchen.com.

New Advanced Line Dance Class

This is an Advanced Level line dance class. You should have 1-2 years of line dance experience to enjoy this level of dancing to Country, Cha-Cha, Latin and many popular and current songs. Thursdays- 4:30pm – 6:30pm. \$5.00 per class.

You know that thing inside your head that keeps you from saying things you probably shouldn't?

Yeah, mine's broken.

Quality Repair You Can Depend On!

Family Owned & Operated Since 1981

Sweeney's
Auto Repair

Shuttle Service Available

10% OFF LABOR
with this coupon

CERTIFIED



321-268-0200



1418 S. Hopkins Ave.
Titusville

PSJ RESIDENT
MVR# MV-01860



LISA'S BARBER SHOP

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

636-5837

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



The Lawn Ranger

Residential Lots to 10 Acres



**Commercial Lots
NO PROBLEM**

Scott Green

302-3311

All Air & Heat

Quality Work Isn't Expensive - It's Priceless

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

Now Doing Duct Cleaning & Blown Insulation In Attic!

John Sabo has served the North Brevard Area for 25+ years
 Lic. CAC1814911

\$29.00
SERVICE CALL
1st Time Customers
Port St. John Only

Ask About Our
Monthly Specials
& Air Quality
Products



Port St. John Customers
 Receive a
\$50 Beef
O'Brady's Gift
Card
 with new install



321-631-6424



TEMPSTAR

Cooling & Heating Products
 Quality you can feel.

Goodman

Air Conditioning & Heating



Viper Project Grad Golf Classic



ENTRY FEE

\$100 per player includes

- Golf
- Cart
- Range Balls
- Lunch following play
- Drink Tickets

For more information contact: VIPERSPG2022@GMAIL.COM

Saturday

January 15, 2022

Duran Championship Course
Viera, FL

8:30AM

Shotgun

Start

**Sponsorships
Available**

-Title
-Hole
-Beverage Cart
-And Many More!

For Sponsorships/Players,
contact:

noellenick79@gmail.com



Space Coast Viper Project Graduation – Class of 2022!



We have a few fundraisers coming up! We have our Classic Golf Outing, January 15, 2022. We would love for you to help and be a sponsor or be a player! Please contact noellenick79@gmail.com

Ready to Cruise?

We have \$10.00 tickets available. Win a 3-4 night cruise for two to the Bahama's on Royal Caribbean! Oceanview cabin! *Includes Cruise & Port Charges and Taxes*

Please contact us via email: viperspg2022@gmail.com

President: Crystal Ogletree

Vice President: Lil Rodriguez

Secretary: Laura Wagner

Treasurer: Betsy Washington

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, January 13th, 2022, 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. Masks are recommended, but not required.

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

Medicare's
**ANNUAL
ENROLLMENT
PERIOD**
is here!

**WHAT'S
YOUR
PLAN?**

All CarePlus Medicare Advantage plans include hospital, medical, dental, and vision coverage as well as transportation to approved locations.

Call CarePlus to learn more or enroll today.

Call a licensed
CarePlus sales agent:
(321) 482-6283



CarePlus
HEALTH PLANS

@CarePlusHealthPlans | CarePlusHealthPlans.com

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

Schedule your personal Medicaid Planning
Consultation with Allender and Allender.

321-269-1511 | AllenderLaw.com

TITUSVILLE • COCOA BEACH • VIERA



JERRY ALLENDER

A | **ALLENDER
&
ALLENDER**
Attorneys At Law



STEVEN ALLENDER

Parrish Healthcare Named Founding Member of the Children's Advocacy Center's Ambassador Circle

Parrish Healthcare is proud to partner with the Friends of the Children's Advocacy Center of Brevard (CACB) to create a premier level of giving called the Ambassador Circle. The Friends of the CACB's Ambassador Circle will serve as a prestigious group of businesses and investors who pledge significant levels of financial support (\$10,000 or more) on a multi-year basis in support of improving our community's response to child abuse and neglect.

"Guided by our vision, Healing Families—Healing Communities, the creation of the Friends of the CACB's Ambassador Circle serves to help address two significant needs identified from our

community health needs assessment; access to mental health services and support for victims of abuse," said Parrish Healthcare President/CEO George Mikitarian. "Through meaningful partnerships between business and community-based programs like The Friends of the CACB, we help to build a better Brevard, and, ultimately, stronger families," added Dr. Mikitarian.

"Parrish Healthcare, as the founding member of Friends of the CACB's Ambassador Circle, has committed \$50,000 over a five-year period. Those funds will help support the many child protection programs and services offered through the CACB, such as specialized mental health

counseling, medical exams, forensic interviews, and consultation services among other services," said CACB President Susan Moore.

To learn more about the Friends of the Children's Advocacy Center of Brevard and how they support the programs and services of the CACB for abused children, visit <https://www.friendsofthecacb.org>.

Alcoholics Anonymous

Port St. John

Saint Patrick's Church

4797 Curtis Blvd., Port St. John

Sunset Group Meeting

(C) Sunday 5:00 BIG BOOK

(C) Tuesday 6:30 12 STEP

(O) Thursday 6:30 Beginners Mtg



FREEDOM

★ Air and Plumbing ★

Emergency Service From the Kings of Cool

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

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

\$55.⁰⁰

Must present coupon.
Expires 1-31-2022. Not valid with
any other offer or discount.
hap-FreedomAir&Heat

**Get a \$100
VISA Gift
Card!
with a new
HVAC system**



With purchase of any new
system. Not valid with any other
offers. Expires 1-31-2022

**Get \$50
VISA Gift
Card!
with a New
Water Heater**

With purchase of any new
system. Not valid with any other
offers. Expires 1-31-2022



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

New Plumbing Services
Water Heaters * Toilets
Remodels & Upgrades
Sewers & Clog Services
Garbage Disposals



We Service and Repair All Makes and Models

www.FreedomAirHeat.com Port St. John: 321-631-6886

**Wishing you a
safe and happy
New Year!**



Funeral
SOLUTIONS

Cary & Lisa Troxel & Family

5455 North U.S. - 1 - Cocoa

638-1373



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

LOCALLY OWNED & OPERATED; FULL SERVICE TITLE INSURANCE COMPANY!

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

HONESTY REALLY IS THE BEST POLICY!

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

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

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

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

YOU ARE APPRECIATED AS A CLIENT AT LIBERTY TITLE!

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

Phone-321.638.8818

Fax-321.638.8819

portstjohn@libtitleco.com

Rose's Room

~ Rose Padrick

I Admit to My Strangeness

The new year has finally arrived! With it, many prayers for a better year and less of these terrible toxicities both physical and mental. To those affected personally, please know you're not alone and prayers are being sent upward on your behalf.

This year's health craze seems to be, "Total Fitness." The Fitness Gurus tell us our mind and body have to act as one if we are to have total health and fitness. According to them, this means our mind and body must communicate at all times. If we do not have total health and fitness, our mind and body suffer conflict, which, according to those who say they know, will cause much unhealthiness.

While I am always open to things new and improved, this one does not impress me.

There is nothing new here, my mind and body have always communicated.

When I pass within 10 feet of a cupcake, every molecule of my mind screams "CHOCOLATE!," whereupon every molecule of my body screams "GOTTA' HAVE IT!!!!"

My eyes water, my mouth salivates, my hands shake. I have achieved Total Communication.

This communication carries on to other areas, also. If I should be silly enough to actually sit on an exercise machine, my mind says, "Oh no we don't!" and my back suddenly spasms, making leg movement extremely painful.

When my mind finds out I just bought a new dress for the office party, my body will immediately gain 5 pounds.

However, while there is always mind and

body total communication, there is not always total harmony.

Many times I finally lay my poor, exhausted, shopped all day, babysat all evening body down for the night only to have my mind begin whispering, "There's still one piece of Strawberry Shortcake left. It would go really well with a cold glass of milk." "Creamy whipped cream, moist yellow cake, STRAWBERRIES!!"

My body knows there will be no sleep until I quiet the voice, and there is only one way to do that.

Blinking at the fridge light, I pull the shortcake container out only to find it empty... ditto with the box of Ho-Ho's and the little yogurt thingie.

My daughter's body evidently obeyed her mind a little earlier than mine did.

The ensuing my mind-her body conflict was heard two houses down.

When rudely roused from slumber by a midnight Sweat and Swear session, I frequently flip the TV on, which is now sans Amazon Prime thanks to the last O.M.G.! credit card bill.

I have come to the conclusion that the moonlight streaming through the window over my bed has a very odd effect on my mental functions... Or, I just get odd when I'm left to my own devices late at night and the credit card is securely two rooms away.

Whatever the reason, one recent night found me wondering what impression beings from another world might have of us based on late night television commercials.

I can just hear Mork-like creatures reporting back to base:

"The female of the species uses a magical potion many times a day. Were she not to rub this elixir into her outer layer, she would revert to an

Farmer Painting

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

"Continuing the quality
tradition of Hewey Farmer"

Visit us at: www.Farmerpainting.org

(321) 264-9736 Fax: 269-5385



Computer Repairs



WAR TECHNOLOGIES

Repairs * Upgrades

Networking On Site Work Available

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

E-commerce

Free Pick-up and Delivery

In Port St. John & Canaveral Groves Areas

Phone: 795-3228

Rose's Room, cont.

alligator-like life form with a dry, wrinkled hide. The females apply this to their bodies wearing very little coverings and are all thin with great legs. They also spend vast amounts of time jumping and clapping or rolling on a ball. Feminine cleanliness and freshness seems to be a topic of great concern.”

“The male seems to worship the follicles growing out of their heads. They spend much time and effort changing its color, having new follicles implanted, and having the females rake their fingers through it. Then they shave it all off. The males have an odd ripple to their abdominal area and large protuberances on their upper arms. They spend much time raising and lowering large heavy discs attached to poles. A game involving many males and a ball seems to be their favorite distraction and something called Pizza is their nutrient of choice.”

“The young of the species seems to appear only to run through the house, express thanks for something and leave.”

“It is my opinion these life forms have reached the pinnacle of their evolutionary ladder and do not require any further study. I request permission to leave the planet.”

I'm sure glad my menopausal-insomnia produced imaginary aliens didn't tune in during the Jerry Springer show. We might all be molecular matter by now!



It's not about
counting the days.

It's about making
the days count.

St. Francis
REFLECTIONSSM
Lifestage Care
Established 1977 • Licensed 1990

(866) 269-4240 | reflectionspsc.org

Don't drive much? Don't pay much.

Get Pay-Per-Mile Car Insurance.

Dicandio and Associates

321-631-3777

950 Fay Boulevard

Cocoa

jdicandio@allstate.com



Prices vary based on how you buy. Price based on driving behaviors and includes a daily rate. Subject to terms, conditions and availability. Allstate Fire and Casualty Insurance Company and its affiliates. © 2020 Allstate Insurance Co.

Our Parade Heroes

The Principals weren't alone in getting the job done in our schools during the pandemic. All of the teachers and staff made it possible for schools to stay open and education to continue. Representing them in our parade this year:

Challenger 7 Elementary

Principal Courtney Maynor

Teacher of the Year Amanda Mahaleris

Employee of the Year Dora Galloway

Atlantis Elementary

Principal Jennifer Clarke

Teacher of the Year Michelle Grimes

Employee of the Year Dana Leach

Enterprise Elementary

Principal Kelli Dufresne

Teacher of the Year Karen Berkowitz

Employee of the Year Melanie Desjardins

Space Coast Jr/Sr High School

Principal Joseph Flora

Teacher of the Year Jessica Allen

Employee of the Year Josh Niebel

Thank you all and to all the rest of the teachers and staff who stayed on the line for our children... and young adults!

Challenger 7 Elementary



Atlantis Elementary



Enterprise Elementary



Space Coast Jr/Sr High School



It's Cold & Flu Season

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

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

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

Start with prevention.

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

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

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

Stay away from people who are sick.

Know the symptoms.

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

- | | |
|-------------|------------|
| Sore throat | Runny nose |
| Coughing | Sneezing |
| Headaches | Body aches |

There's no cure for the common cold, but there



ERIC & CECILIA JONES
- OWNERS -

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

cecilia@ashippingdepot.com

321-632-8681 Fax 321-632-3759

UPS Authorized Shipping Outlet



Need A Ride?

Very Reasonable Rates

To Airport

To Cruise Terminals

I Go Anywhere

Can Take Up To 10 People

Roger Sannes Cell: 218-779-0275

Owner 115 Woodsmill Blvd.

Cocoa, FL 32926



Helping You Make the Right Mortgage Decisions

Regions Mortgage knows the needs of homebuyers are as different as the homes they are buying.

With your specific needs in mind, Regions offers loans that include:

- Fixed- and Adjustable-Rate Mortgages
- Jumbo and Conforming Loans
- Affordable Housing Products
- FHA/VA Loans
- Construction-to-Permanent Loans

Contact your Mortgage Loan Officer for information on home financing.

Sherry Lester
NMLS #476607
Mortgage Loan Officer
1051 West New Haven Avenue
West Melbourne, FL 32904
sherry.lester@regions.com
321-544-5761

regionsmortgage.com

Follow us for helpful tips and information.

REGIONS
MORTGAGE

© 2021 Regions Bank. Member FDIC. NMLS ID 12446. All loans subject to qualification, required documentation and credit approval. Certain restrictions may apply. Loan terms and availability subject to change. The Annual Percentage Rate on all adjustable rate mortgages is subject to change after consummation period. Regions and the Regions logo are registered trademarks of Regions Bank. The Green color is a trademark of Regions Bank. 00021

are things you can do to alleviate symptoms, like resting, drinking water and warm liquids. In severe cases, over-the-counter cold and cough medicines may help.

Cold vs. Flu

The flu, which is caused by influenza viruses, also spreads and causes illness around the same time as the common cold. Because these two illnesses have similar symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. In general, flu symptoms are worse than the common cold and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Flu can also have very serious complications. CDC recommends a yearly flu vaccination as the first and best way to prevent the flu.

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

When to See a Doctor

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

Symptoms that last more than 10 days

Symptoms that are severe or unusual

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

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

Parrish Medical Group Welcomes Dr. Mara De La Vega



Parrish Medical Group is pleased to welcome board-certified primary care physician Mara De La Vega, MD, to the Brevard community. Dr. De La Vega has over 25 years of experience and is now offering primary care services at Parrish Healthcare Center at Titus Landing, 250 Harrison Street, Titusville.

Dr. De La Vega earned her medical degree from Universidad Metropolitana in Barranguilla, Columbia. Following her studies, Dr. De La Vega completed her residency in family practice at the Albert Einstein College of Medicine in Jamaica, New York. Most recently, Dr. De La Vega held the position of Medical Director at EternaMD.

Fluent in both English and Spanish, Dr. De

La Vega is passionate about meeting every patient's needs. She is a member of the American Academy of Family Physicians, the American Academy of Hospice and Palliative Medicine and the American Society for Laser Medicine and Surgery.

Parrish Medical Group and Dr. De La Vega are now accepting new patients. To schedule an appointment with Dr. De La Vega, call 321-268-6868 or visit parrishhealthcare.com/DeLaVega.

RAYMOND JAMES®

Raymond James Financial Services, Inc.

Member FINRA/SIPC

Individual solutions from independent advisors



Patrick J. Coyne, MBA

Financial Planner

321-452-0061

patrick.coyne@raymondjames.com

www.raymondjames.com/patrickcoyne

**Investment & Insurance Strategies
Retirement Planning**

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

Bishop Roofing



Mike Billquist, Owner

(321) 403-1520

bishoproofing13@gmail.com

Insured Lic # CCC1332027

321-225-8908

www.RamageSeptic.com

Septic

Ask about
our "Bugs"



RAMAGE

RESIDENTIAL & COMMERCIAL SEPTIC & PLUMBING INSTALL, REPAIR & SERVICE

One Stop Septic & Plumbing Shop

January Special

\$20 OFF - Residential Plumbing Service Call

\$40 OFF - Residential Pump Out

Expires 1-31-2022. Cannot be combined with other discounts

Plumbing

Camera to
see inside
your lines



New Orthopedic & Sports Medicine Center of Excellence Is Underway

Earlier this year Parrish Healthcare announced its plan to convert the former Parrish Health & Fitness Center, located at 2210 Cheney Hwy. (Hwy. 50), into an orthopedic and sports medicine center of excellence. The plan included closing the fitness center and opening a new Health & Wellness Center at 3065 Columbia Boulevard, Suite C 104, located inside the Cross Roads Market Place (Target) Shopping Plaza. At the height of the COVID-19 emergency, Parrish Healthcare closed its Parrish Health & Fitness Center to adhere to public health and safety guidelines.

“With the necessity to shut down fitness center operations and the prevailing uncertainty about when the center could safely re-open, it offered Parrish Healthcare leaders the time and opportunity to accelerate our plans to grow and enhance access to quality orthopedic and sports medicine programs and services, while also sustaining our commitment to wellness,” said Natalie Sellers, Parrish Healthcare spokesperson.

Parrish Medical Group Sports Medicine Physician Anthony Allotta, DO, and Orthopedic Surgeon David Schafer, MD, are providing the clinical and programmatic oversight for the

planned orthopedic and sports medicine center of excellence. The center will include medical services, athletic training, physical therapy and rehabilitation services, injury prevention and treatment clinics, and more.

Timeshare rentals are currently available for the pool facilities at 2210 Cheney Hwy to interested organizations such as local swim teams and independent Aqua Zumba instructors.

As development continues on the planned orthopedic center of excellence, Parrish Healthcare is looking forward to the opening of its new Parrish Health & Wellness Center within the Target Shopping Plaza in Titusville. The 5,500-square-foot wellness center will operate seven days-a-week, Monday – Friday from 5 a.m. – 9 p.m., Saturday 8 a.m. – 2 p.m. and Sunday 10 a.m. – 2 p.m. Designed to operate using the very latest infection prevention best-practices to provide a safe workout environment for everyone, Parrish Health & Wellness Center will feature 20 individual exercise stations equipped with cardio and weight training equipment as well as various wellness resources. Annual and monthly memberships starting at \$30/month will be available.

Grand opening plans will be announced soon.

For additional information about Parrish Health & Wellness Center at Cross Roads Market Place, visit:

www.parrishhealthcare.com/healthandwellness.



Parrish Medical Group Welcomes Physician Assistant Denise McBroom

Parrish Medical Group is pleased to welcome physician assistant Denise McBroom to the Brevard community. Denise is now offering primary care and occupational health services at Parrish Healthcare Center at Port Canaveral, 390 Challenger Road, Port Canaveral.

Denise McBroom is a graduate of the Medical College of Georgia and has over 22 years of experience. Passionate about health, wellness and preventative care, Denise has a strong history of success in meeting patient needs by leveraging health care expertise to diagnose and treat a multitude of conditions.

Some of the services that Denise will be offering at Parrish Healthcare Center at Port Canaveral include acute care visits and injury assessments, patient care management, respirator clearance and Department of Transportation physicals.

Parrish Medical Group and Denise McBroom are now accepting new patients. To schedule an appointment with Denise, call 321-633-8640 or visit parrishhealthcare.com/McBroom.

CALL, CLICK, OR COME IN FOR YOUR QUOTE!
(321)633-1500
WWW.THECANOPYAGENCY.COM 1178 FAY BLVD, COCOA, FL

2022
Happy New Year
HOME | AUTO | BUSINESS

Monthly Tax Update

This month you need to be made aware your tax preparation fees will most likely increase, substantially, due to the new passed tax laws.

There have been twelve (12) tax acts since 2015. These tax acts cover COVID-19, health insurance premium tax credits, unemployment compensation, child tax credits, dependent tax credits, retirement distributions, education credits, payroll protection payments, EIDL requirements, and all these have resulted in making the preparation of your taxes more complex than ever. This has also required numerous worksheets being required to establish the correct amount to enter on the Form 1040 or other applicable forms.

Furthermore, one tax act provided relief for all of us, the next tax act changed the relief provided in the first tax act, and another tax act changed both of them. Now, we are waiting to see what Congress will change with the next tax act.

Regretfully, tax preparation was to be simplified. Actually, with the impacts from COVID-19, this results in your need for professional tax preparation assistance a necessity and you should realize and understand the value your tax advisor is worth. A simple misunderstanding of these acts can result in a substantial tax liability or missed additional refund.

Next, I want to remind you to request the assistance of a qualified tax advisor. Be sure to ask about their credentials, maybe ask a friend to refer someone. Are they available year-round, are they able to represent you should a concern develop, and do they take continuing education to stay abreast of the changing tax laws as previously discussed. You may also go to irs.gov and conduct a search of the website.

Next, let's discuss the subject of Internal Revenue due diligence requirements. Every entry on Form 1040 is subject to due diligence requirements. Penalties range from \$564 to thousands of dollars. For example, as a tax professional, if a return includes child tax credit, dependent tax credit, head of household filing status, education credits or earned income credit, then a Form 8867 is required. Each tax credit is subject to a filing penalty of \$564 if adequate substantiation to claim the credit isn't properly documented. This penalty is assessed on you, the taxpayer, and the tax preparer. So, if you have been paying \$200 or thereabouts to have your taxes prepared, and with the tax professional due diligence requirements, you can understand how important your tax professional is and will result in higher tax preparation fees.

I have been doing taxes for over 40 years and have never seen taxes this complicated, even with the Ronald Reagan tax overhaul back in 1986 or with the Donald Trump tax reform in 2017, or the amount of penalties tax professionals are exposed to.

Oh, one other note; there are still approximately 9.6 million returns still pending the Internal Revenue review and there isn't anything anyone

can do to expedite the processing of any return.

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

FUMC News

Our service is 10 a.m. every Sunday in person and on Facebook Live streamed at [Facebook.com/fumcpsj](https://www.facebook.com/fumcpsj) and on YouTube FUMC Port St. John. Please follow us at [FUMCPSJ.org](https://www.fumcpsj.org)

This January at FUMC, we will be kicking off a brand new teaching series, "ReNew." January usually means New Year, New You... So join us throughout this series as we focus on helping to renew our spirit, mind and body. Following our "ReNew" series, in February we will be focusing on "Relationship" and seeing how we can learn and grow in companionship, friendship and partnership. It's going to be a great time to grow and learn and we'd love for you to be a part of it!

To stay connected with us at FUMC, find us at [FUMCPSJ.org](https://www.fumcpsj.org) or on Facebook or Instagram.

We look forward to worshiping and fellowship with you.

I Buy One Item Or A Whole Household I Also Do Cleanouts! *40 years of Antique and Collectable experience*

Looking For Jewelry, Furniture, Pottery,
Hunting and Fishing Items, Toys,
Advertising Items, and Silver & Gold Items

Roger Sannes 218-779-0275
115 Woodsmill Blvd. Cocoa, FL 32926

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

Higginbotham Companies, Inc.

"Providing Peace of Mind"



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



ACCOUNTING • TAXES • INSURANCE
NOTARY • RETIREMENT

**Tax Preparation is more important
now than ever before.
Call us today! 321-632-5726**



It's All About the Kids!!





A Whole New World Gala

Planning is underway for Jess Parrish Medical Foundation's (JPMF) annual benefit gala, A Whole New World, which is scheduled for Saturday, January 15, 2022, from 5:30-10:00 pm at Space Coast Convention Center, Cocoa.

GrayRobinson, P.A., and William A. and Laura M. Boyles are presenting sponsors for the event.

Sultans, wise genies and Ali Baba will come to life in the elegant Arabian Night themed evening alive with Mediterranean inspired cuisine, enchanting music, dancing and magic lamps. A Whole New World is sure to be an evening you won't forget.

Guests will enjoy dinner in the Casbah inspired ballroom, cocktails at the Oasis Sand Bar, souvenir photos and the opportunity to take home a new favorite libation when they take a chance at the wine pull. Elegant Aladdin inspired attire is suggested; black tie optional.

Event proceeds will champion the advancement of Parrish Healthcare's Cancer Care program – the area's only program that is nationally accredited by the Commission on Cancer.

Individual tickets are available at \$125. Sponsorship opportunities start at \$500. For additional information, visit www.parrishmedicalfoundation.com/gala, or contact the Jess Parrish Medical Foundation at 321-269-4066 or via email at foundation@parrishmed.com.

The Presenting Sponsors are GrayRobinson, P.A. and William A. and Laura M. Boyles Event Co-Chairs: Judy Allender, Kelley Broome, Mary Coleman, Jessie Kirk and Rachel Terry.

Wondering what you'd miss? To view 2020 gala photos, please visit www.parrishmedicalfoundation.com/photos.



COVID-19 Monoclonal Treatment Site Opens at Rockledge City Center

A COVID-19 Monoclonal Antibody Treatment site began operations on December 10th at the Rockledge City Center, 920 Barton Blvd., Rockledge. The Rockledge City Center is located at the intersection of Barton and Fiske Boulevards. Monoclonal treatments are available under event tents in the southwest corner of the Rockledge City Center parking lot.

The site replaces a monoclonal treatment and COVID-19 testing site formerly located at Kiwanis Island Park on Merritt Island. It closed operations on December 8th.

Hours of operation for the Rockledge City Center site are 9 a.m. to 5 p.m., seven days a week. Testing is not currently available at this site, but plans are to include COVID-19 testing at a later date to be determined.

Monoclonal therapy is for patients diagnosed with COVID-19 or considered high risk if infected and weight at least 88 pounds or more. Appointments for monoclonal therapy can be made at www.patientportalf.com and walk-ups are still being accepted. Treatments are available at no cost to patients, though insurance information will be requested.

Monoclonal antibodies help the immune system recognize and respond effectively to the virus. According to treatment guidelines, they should be administered as soon as possible after diagnosis.

Get local help with your Medicare questions.

I'm William Chaney, a licensed sales agent in Brevard County. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



William Chaney

Licensed Sales Agent

Major, USAFR Retired, 20 years served

321-917-9831, TTY 711

wchaney51@gmail.com

UHCMedicareSolutions.com

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 United HealthCare Services, Inc. All rights reserved.
Y0066_21SPRJ55189_C



SPRJ55189

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 - Due to Covid-19 we are meeting on Zoom. For meeting times or contact info, please visit oaspacecoast.org.

1-1 HAPPY NEW YEAR!

1-2 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.

1-3 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.

1-4 Holiday Paint Party for adults only at Port St. John Library, 6500 Carole Ave., at 1030 am. Cost is \$10.00. The painting will be of a lady and gentleman snow persons. All reservations must

be made and paid in advance, at the reference desk at the library.

1-7 Orthodox Christmas

1-12 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 Pam at 321-752-6896 or e-mail bwc0020@gmail.com.

1-14 Orthodox New Year

1-14 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.

1-14 Calling all Christian authors! Dynamic writers group in Cocoa 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.

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

1-15 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.

1-16 Religious Freedom Day

1-17 Martin Luther King Day

1-17 Tu Bishvat Starts

1-17 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance with your membership or information.

1-19 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.

1-21 National Hug Day

1-23 National Pie Day

1-23 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hop-

kins Ave. on the 4th Tuesday of each month (no meeting April or December). Meet and greet and refreshments at 6:00 pm, meeting at 6:15 pm, usually followed by show and tell or a guest speaker. Email Moonlight.Quilters@yahoo.com for more information.

1-29 Veteran's Breakfast, 9:00 at St. Patrick's Anglican Church, 4797 Curtis Blvd., PSJ on the last Saturday of each month.

1-16 Religious Freedom Day

Congratulations to:

Brandi McGann turns more beautiful on the 1st.

Nathan Weimer turns 14 on the 1st.

Brandon Crissman turns 46 on the 1st.

Angie Crissman turns cuter on the 3rd.

Mack Grenet turns wiser on the 3rd.

Haley Higginbotham turns 22 on the 4th.

Karissa Davis turns 26 on the 4th.

Brittney Parks turns 29 on the 4th.

Craig Taylor turns 41 on the 4th.

Michelle Parks turns more lovely on the 5th.

Lisa Sarivola prettier on the 5th.

Tom Hunt turns cooler on the 5th.

Carl Anderson IV turns 21 on the 5th.

Lucha Hunt dances till dawn on the 6th.

Natalee Prentis turns 28 on the 7th.

RaeLynn Weathers is the Queen on the 12th.

Michael Cox turns 18 on the 14th.

Mark Walters turns 24 on the 16th.

Lanny Grenet turns better on the 16th.

Jack Woerner turns 25 on the 22nd.

Makylie Taylor turns 15 on the 24th.

Joe Casey turns wilder on the 25th.

Colten Lavis turns 11 on the 29th.

Brittanie Grenet turns more lovely on the 31st - Happy Birthday Britt!! Love, Mom.

Dylan Carmichael turns 16 on the 31st.

Jim & Maria O'Neill will celebrate their 57th anniversary on January 16th. **Rob & Cheryl Wratchford** celebrate their 39th anniversary on the 29th.

The Christmas Parade Committee for a Great Job on Dec. 18th. Well done, team!!

We have lots of room for more good news.

Email inputs to happenings1@att.net

Important Phone Numbers

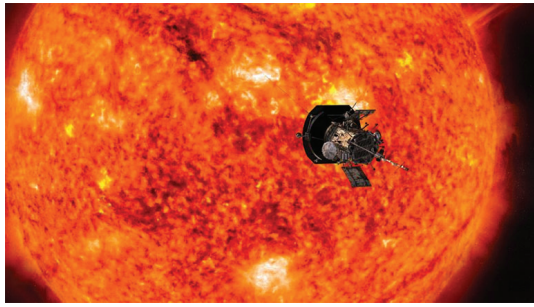
County Commissioner -	607-6901
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Ctr -	637-6670
Waste Management -	636-6894
Roadway Maintenance -	264-5084
SCAT Bus Information -	633-1878
Port St. John Library -	633-1867
PSJ Community Center -	633-1904
Florida 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/	

Parker Solar Probe Becomes 1st Spacecraft To 'Touch' The Sun

Three years after NASA's Parker Solar Probe launched on a Delta IV rocket from Kennedy Space Center, the spacecraft has become the first to "touch the sun." The Parker Solar Probe has successfully flown through the sun's corona, or upper atmosphere, to sample particles and our star's magnetic fields.

The announcement was made at the 2021 American Geophysical Union Fall Meeting in New Orleans on Tuesday, and research from the solar milestone has been published in the Physical Review Letters.

Scientists, including the spacecraft's namesake astrophysicist Eugene Parker, want to answer fundamental questions about the solar wind that streams out from the sun, flinging energetic particles across the solar system. The sun's corona is much hotter than the actual surface of the star, and the spacecraft could provide insight into why.



The spacecraft has already revealed surprising finds about the sun, including the 2019 discovery of magnetic zig-zag structures in the solar wind called switchbacks. Now, the spacecraft helped scientists determine that these

switchbacks originate from the solar surface.

Every 11 years, the sun completes a solar cycle of calm and stormy activity and begins a new one. It's important to understand the solar cycle because space weather caused by the sun - eruptions like solar flares and coronal mass ejection events - can impact the power grid, satellites, GPS, airlines, rockets and astronauts in space.

Before Parker Solar Probe's mission is done, it will have made 21 close approaches to the sun over the course of seven years. The probe will orbit within 3.9 million miles of the sun's surface in 2024, closer to the star than Mercury - the closest planet to the sun.

Tips For Heart-Healthy Holidays

The holidays are here, and that means spending quality time with friends and family — and lots of tasty food.

Here's a reminder, making small changes to your holiday meals, you can serve food that's delicious and heart healthy, too.

5 Ways to Create Heart-Healthy Holiday Meals:

- Reduce the sugar in your recipes by 25%. You'll barely notice the difference.
- Cut down on sodium by up to 40% by draining and rinsing your canned vegetables.
- Increase fiber by putting whole grains, fruits and veggies on your menu.
- Replace butter with canola oil or olive oil for a heart-healthy alternative.
- Moderation matters. Limit alcohol consumption to 1–2 drinks per day.

How do you reach 12,000 homes in Port St. John & Canaveral Groves?

Happenings has prices for every budget.

Call Randy at 321-633-7499

We take VISA & MasterCard

Before

After



**Forestry Mulching
Heavy Brush Cutting
Under Brushing
Dirt Work
Tree Service
Land Clearing
Skid Steer Services**



Forestry mulching • Heavy brush cutting • Under brushing

**Give us a call today for a
free estimate!
We are licensed and Insured!**

**321.302.5686
Matt Reynolds
Owner**



Port St. John Public Library

6500 Carole Ave., Port St. John,
(321) 633-1867

Library Hours: Monday, Tuesday, Thursday and Friday, 9 a.m.-5 p.m. Wednesday, 12-8 p.m. and Saturdays, 10 a.m.-2 p.m.

Meeting rooms are available for reservation by calling the library and study rooms are open on a first-come-first-served basis.

Computers are available and we also offer scanning, wireless printing and faxing.

1/4 10 a.m.-3p.m.: United Way Health Insurance Marketplace Navigator, visit uwbrevard.org for more information.

1/10 5:30 p.m.: Port St John Library Advisory Board Meeting

1/11 10 a.m.-3p.m.: United Way Health Insurance Marketplace Navigator, visit uwbrevard.org for more information.

1/12 6:30 p.m.: Bookworms Bookclub, see the Reference desk for monthly book selection.

1/14 9 a.m.-4:30 p.m.: COVID-19 Vaccine clinic 2nd Dose Ages 5+.

1/17 All Brevard County Libraries closed in celebration of Martin Luther King, Jr. Day

1/5 3:00 p.m.: STEM craft, DIY 2-ingredient snow. Ages 6-10.

1/27 3:00 p.m.: Storytime for Young Readers. Ages 6-12.

1/28 10:30 a.m.: Little Listeners storytime. Ages 2-5.



**Post 359
American Legion
Riders presents
Bike Days at the
Tiki
Saturday, January 1st, 1:00
- 5:00 p.m.**

Good food on the grill with Fixin's, \$6. Listen to live music, take part in drawings, 50/50. All proceeds to benefit veterans and veterans' families.

7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632.

Contact Wayne Fowler, Events Coordinator, American Legion Riders Post 359 at 321-307-1450 or visit our website, alr359.org, for more information.

Active military and veterans are welcome!

Walter Butler Community Center January 2022

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

The center is open Monday–Thursday from 10 a.m. - 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 – FRIDAYS

Pickleball, 11 a.m. – 2 p.m.

Open Computer Lab, 11 a.m. – 2 p.m. & 6 – 8 p.m.

Kids in Motion Aftercare, 2:45 p.m. – 6 p.m.

Open Gym, 6 p.m. – 8 p.m.

TUESDAYS

Seniors In Motion, 10:30 a.m. - 1 p.m.

Pickleball, 11 a.m. – 1 p.m.

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

WEDNESDAYS

Pickleball, 11 a.m. – 2 p.m.

Volleyball Fundamentals, 5 – 8 p.m.

Volleyball League Play, 7 p.m. – 9 p.m.

Open Computer Lab, 6 – 8 p.m.

THURSDAYS

Pickleball, 11 a.m. – 2 p.m.

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 p.m.

FRIDAYS

Pickleball, 11 a.m. – 1 p.m.

Kids in Motion Aftercare, 1:30 p.m. – 6 p.m.

SATURDAY

Open Computer Lab, 10 a.m. – 2 p.m.

Open Game Room, 10 a.m. – 2 p.m.

Volleyball League - Team meeting, Wednesday, January 12, 2022. Games begin Wednesday, January 19, 7-9 p.m. Cost is \$125.00 per team. Registration deadline: January 5, 2022. Players must be at least 16 years old. For more information, call (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 from 5 p.m. – 8 p.m.. For more information contact WBCC at (321) 433-4448.

ZUMBA - Let It Move You! There are a lot of ways to lose weight. Some are just more fun. Join the ultimate dance-fitness party that beats a

boring old workout any day! Classes are Every Tuesday, 5:30 p.m. – 6:30 p.m.. Half the class is Zumba Toning, the other half is Zumba. Cost is \$5 per class or \$15 for the month. Adults of all ages/fitness levels are welcome.

Wear comfortable clothes and sneakers and be prepared to dance! Bring a towel and water. For more information, call Debbie Kowalewski at (321) 403-6918.

Seniors In Motion - Seniors in Motion will meet Tuesdays from 10:30 a.m. – 1 p.m. and Thursdays from 10:00 - 1:00. Coffee and snacks will be provided. Thursdays are field trip day. Outings are in county and are 2 to 3 hours, depending on the outing location(s). For more information, call (321) 433-4448.

Kids In Motion - An after school program that focuses on anti-bullying and educational hands-on projects such as the Choice Program, 4-H club and STEM programs and Kids Art to enhance learning. Monday – Friday 2 p.m. – 6 p.m.. Program cost is \$30 weekly. Discounts are

available for households living in the target area, eligible for free or reduced lunch and/or qualifies for any other assistance offered. For more information, contact Walter Butler Community Center at (321) 433-4448.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724, Merritt Island (EAA724) holds regular scheduled gatherings on the 2nd Wednesday of each month at 7:30 pm in the club house on Merritt Island Airport at 7:30 pm. Early birds meet at 7pm.

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

New Enrolled Agent on Board! Pedro Baldeon, E.A

Higginbotham Companies, Inc.

"Providing Peace of Mind"

3790 N. U.S. 1

Cocoa, Fl. 32926

(321) 632-5726

ACCOUNTING • TAXES • INSURANCE
NOTARY • RETIREMENT

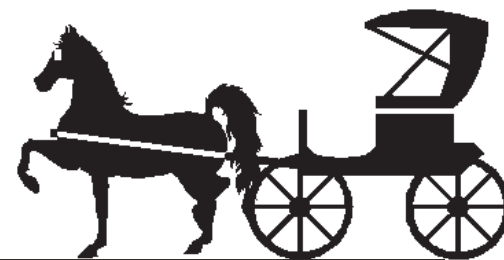


Expanding for better service!

Call us today!

321-632-5726

SLEEPY HOLLOW



Fruit From The Groves

The next meeting of the Canaveral Groves Homeowners is on January 13, 2022. Its at 7 p.m. at Brevard Christian Church on Grissom Parkway. This meeting is VERY important because the election of officers for the year 2022 will be done. There are also other important items to be discussed at this meeting.

I want to thank the Brevard's County Sheriff's office and Brevard County Fire, as well as Four Communities Fire Department, for keeping us safe out here in the Groves. They have all been busy out here in the Groves this past year and need our support.

Again in December, Brevard County Fire Department Station 29 (Guardians of the Groves) were busy with fires, traffic accidents, medical calls and calls for service.

Please get involved with your Homeowners Association because it is here to support you. The 2022 dues, \$15/yearly, is due for the year 2022. These dues pay the administrative costs to the State of Florida and other required issues. Remember we are all volunteer and no one receives any monetary compensation. We are only here to help our neighbors.

It appears that Brightline Train is causing

flooding problems to some of the properties out on the southern part of the Groves. This flooding could go in to the county ditches and canals causing higher water levels and flooding here in the Groves. We hope to keep you informed of the situation by watching the posts on Facebook at Canaveral Groves Community Bulletin Board.

Remember, now that we are in the dry season, be careful with fires. In the past, we have had close calls to structures and other property out here in the Groves.

At this time, there is no update on when and if Brightline will put another track across Pine Street.

Of course, there are numerous complaints regarding speeding and other traffic violations out here. Brevard County Sheriff's Office has made numerous traffic stops and issued citations. Leave early and give yourself a little extra time so you won't be delayed by a traffic stop and end up costing yourself a lot of money.

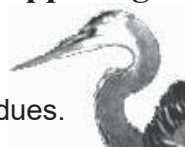
Edward F. Silva
President of CGHOA

The Board of Canaveral Groves Homeowners Association wishes everyone a happy, healthy and safe New Year!

Meet your neighbors and stay informed of Events & Community Happenings!

CANAVERAL GROVES HOMEOWNERS INC.

If you'd like to join and support our Homeowners' group, just cut out and fill out this form and mail with a check for \$15 to cover the current year's membership dues. Mail to: CGHI, P.O. Box 675, Sharpes, FL 32959



Name _____

Address _____

E-mail _____

Phone _____

Won't you join us?

Scholarship Applications for Students Pursuing Career in Healthcare

Jess Parrish Medical Foundation (JPMF) and Parrish Medical Center (PMC) Auxiliary are now accepting scholarship applications from high school seniors who plan to pursue a career in a medical or healthcare field.

Scholarship award recipients will be announced in May, 2022.

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

High school students who attend Astronaut High School, Space Coast Jr./Sr. High School and Titusville High School may obtain an application from the Guidance Office at their school. Others interested may obtain an application by calling the Jess Parrish Medical Foundation at 321-269-4066 or by visiting www.parrishmed-foundation.com/scholarships.

The deadline for submitting applications is Friday, March 4, 2022.



Trust
Notarizing
Make life a little
easier
our notary ser

Anything you need, all in one place.

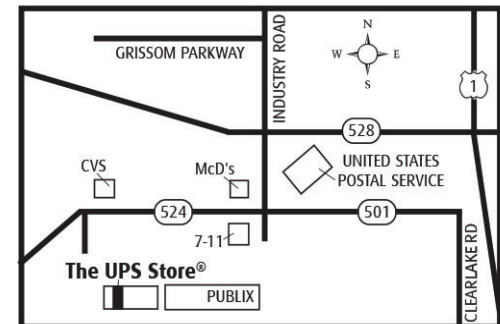
Printing
Packing
Shipping
Mailboxing
Shredding



THE UPS STORE

2311 Sr 524, Ste 112
Cocoa, FL 32926
321.877.0090
store7325@theupsstore.com
theupsstore.com/7325

Hours:
Mon - Fri 8:30 AM - 6:30 PM
Sat 10:30 AM - 6:30 PM
Sun 12:00 PM - 5:00 PM



\$1 OFF SHIPPING
when you ship 1 package

\$3 OFF SHIPPING
when you ship 3 packages

\$2 OFF SHIPPING
when you ship 2 packages

**25% OFF PRINTING
OFF SERVICES**

3 MONTHS FREE
WITH A 1-YEAR
MAILBOX SERVICES
AGREEMENT
(New Box Holders Only)

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2021 The UPS Store, Inc. Offer expires 02/28/22.



Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2021 The UPS Store, Inc. Offer expires 02/28/22.



Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2021 The UPS Store, Inc. Offer expires 02/28/22.



2022

FIVE TIPS FOR STAYING HEALTHY THROUGHOUT THE NEW YEAR.



1 PORTION CONTROL

You can enjoy your favorite foods, but take smaller portions. This will help you avoid over eating and you'll feel better the next day.

2 READ THE LABEL



You can still make your favorite recipes, but keep healthy substitutes in mind. Use a non-fat milk option or light butter when creating your famous mac and cheese.



3 STAY ACTIVE



Limit "couch time" and "screen time" while dedicating more time to activities like golf, tennis, swimming, walking, riding a bike or hiking.

4 KEEP HYDRATED

Choose water for your drink. Remember, we should be having eight glasses a day.



5 EAT SLOWLY



Don't rush through your plate of food. According to The Centers for Disease Control and Prevention, you should take about 20 minutes to eat. This is the amount of time your brain needs to register that you're full.