

HAPPENINGS

ISSUE NO. 389

SEPTEMBER 2022

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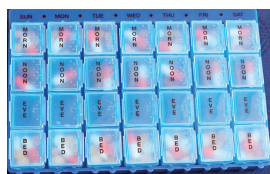
Submissions for publication need to be in before the 18th.

Call 321-633-7499 or e-mail to happenings1@att.net.
www.happenings.net

Getting Ready for Hurricanes

Hurricane Medical Reminders

Get a 30-day supply of necessary medications. Try to have a 30-day supply on hand. Make your medication plan now. Speak with your health insurance representative, pharmacist or your physician about options.



Call your dialysis center for a temporary plan of care. If you are on dialysis, call your dialysis center to make a plan-of-action for your care. Do not miss a treatment prior to bad weather and make sure to follow your doctor-ordered diet very closely. The patient care information provided to you by your doctor includes medical information to assist you and phone numbers to the End Stage Renal Disease (ESRD) Network. Special needs shelters do not offer dialysis and some centers may be closed during a hurricane. When the storm passes, contact your dialysis center for further instructions or go to your hospital for short-term care if your center is closed.



The hospital is not a county shelter. Shelters are designated throughout the county, mostly in elementary schools. The hospital is not a designated shelter and does not take evacuees. For more helpful information, visit www.brevardfl.gov/EmergencyManagement. For hurricane updates and other emergency information from Brevard County, you may text BREVARDEOC to 888777. This will enroll you in text alerts in case of weather and other emergencies impacting our county.

If you are oxygen dependent, make shelter arrangements. You may be eligible for care at a special needs shelter, based on your medical needs and shelter availability. If you are an oxygen-dependent person, be sure to get your oxygen tanks filled. You should try to have two days' worth of oxygen on hand. Also, make shelter arrangements now. If you do not plan to evacuate. If you wait until a hurricane hits to make shelter arrangements, it may be too late.

General Preparation for a Hurricane

For complete information on what you can do to prepare for a disaster or hurricane, or assistance making a plan for emergencies, please visit www.brevardfl.gov/EmergencyManagement. You will find valuable information to help prepare your home and family before a hurricane or other emergency strikes.

You may also find more information about preparing for hurricanes by visiting the CDC's hurricane web page, www.cdc.gov/disasters/hurricanes/.

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Prominent Oncology/Hematology Specialist Robert K. Oldham, MD, Joins Parrish Healthcare

Parrish Healthcare and Parrish Medical Group are pleased to welcome Board-Certified Oncologist Robert K. Oldham, MD to the North Brevard community. Dr. Oldham is an internationally recognized oncology/hematology specialist and is regarded as a leading pioneer in the development and use of immunotherapy - the fourth modality in cancer treatment. His primary mission has been to improve the outcomes for his patients with cancer and blood disorders.

Dr. Oldham attended the University of Missouri where his undergraduate studies were in chemical engineering and pre-medical sciences. He completed his internship and residency in Internal Medicine at Vanderbilt in Nashville. He continued his education with a Medical Oncology Fellowship and graduate studies in immunology at the National Cancer Institute (NCI) in Bethesda, Maryland where he served as Clinical Associate in the Radiation Branch and in the Cellular and Tumor Immunology Section of the Laboratory of Cell Biology. Dr. Oldham also completed a fellowship in Paris, France with Professor Georges Mathé, a distinguished bone marrow transplant hematologist.

Extremely active in both research and leadership in cancer treatment, Dr. Oldham has served in multiple roles as a professor and research associate all around the globe. As a founder of multiple oncology divisions and organizations including the Biological Therapy Institute and Biotherapeutics Incorporated, the Division of Oncology at Vanderbilt University and the Biologic Response Modifiers Program (BRMP) at the National Cancer Institute, Dr. Oldham is a pioneer in the field of oncology.

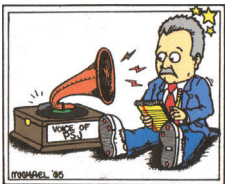


He holds a Clinical Professorship of Medicine in Hematology/Oncology at the University of Missouri-Columbia and has been a Clinical Professor in the Department of Biomedical Sciences at Florida State University College of Medicine. Additionally, he has served as a consultant in the US and overseas including Gen-Cell (Rhône-Poulenc), Jenner Technologies, Welcome Biotechnology Ltd. and Amersham Corporation in England. He also served as a senior consultant with the American Red Cross, Cell Genesys Inc., Xcyte Therapies and Maxim Pharmaceuticals.

Oldham has founded and served as editor-in-chief of three medical journals: Cancer Biotherapy (now Cancer Biotherapy & Radiopharmaceuticals), Molecular Biotherapy, and Journal of Biological Response Modifiers (now Journal of Immunotherapy). He is the co-editor of Principles of Cancer Biotherapy' the first comprehensive textbook on the fourth modality of cancer treatment. He has authored or edited fifteen books on cancer treatment and research.

Additionally, he has contributed nearly 500 papers to the medical/scientific literature and has presented thousands of abstracts, posters, and lectures at various meetings on cancer research and treatment. Dr. Oldham has received many awards and honors. He holds, or has held, membership in 19 professional societies.

Dr. Oldham welcomes new patients to his practice, located at 830 Century Medical Drive, Suite B, Titusville. For more information about Dr. Oldham and to schedule an appointment, visit parrishhealthcare.com/oldham.



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PSJ Community Center Schedule - September, 2022

The center is open Mondays–Thursdays from 10 a.m. to 7 p.m., Fridays from 10 a.m. to 6 p.m.,

Schedule is subject to change. For latest information about any of these programs or to register, call 321-633-1904.

Mondays

5th - Closed For Labor Day

Seniors At Lunch, 10 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), 5:15 – 6:15 p.m.

Tuesdays

Seniors At Lunch, 10 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 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.

7th - Culinary Kid's 4:00 -5:30 p.m

Thursdays

Seniors At Lunch, 10 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.

Fridays

Seniors At Lunch, 10 a.m.-1:00 p.m.

Outside Basketball, 9 a.m - 6 p.m.

Game Room/Computers 9 a.m. – 7 p.m.

Billiards 9 a.m. – 7 p.m.

Community Cares Aftercare 1:30 p.m. – 6 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 \$7 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. This is 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. The cost is \$18.00 per child. An adult must accompany child and you must preregister at www.floridakelskitchen.com.

Amvets Post 2415 Schedule



9-14 General Membership Meeting- 2nd Wednesday of the month at 6 p.m.

9-15 Amvets 2415 Ladies Auxiliary General Membership Meeting - 2nd Thursday of the

month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

9-7 Sons of Amvets 2415 General Membership Meeting -1st Wednesday of the month at 6 p.m.

Commander Chuck Harrington, 321-208-7897
Amvets Riders Chapter 2415 General Membership Meeting- 2nd Saturday of the month at 10 a.m. President Craig Doan, 321-208-7897.

Karaoke every Friday with Bone, 5-9 p.m.

Bingo Sundays 1-?

Post 2415 is located at 688 West Ave., Port St. John.

If you are a veteran and would like to visit the Post or would like more information about Amvets, contact Commander Larry Lonneville at 321-208-7897.

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Good Day!

by Maureen Rupe

First, I must apologize as my usual inputs to Happenings this month have had to be improvised and I sent a flyer and information on already in progress, but I support them 100%.

I have an infection in my eyes and computer work is out for now. My eyes are raw and painful. Hopefully, with the care of doctors it will be soon resolved.

Hot Topic Talk on Rockets Away!

Risks and Rewards of Increased Launches on the Space Coast

The League of Women Voters of the Space Coast (LWVSC) invites the Brevard community to attend a Hot Topic presentation on Rockets Away! Risks and Rewards of Increased Launches on the Space Coast at 1:30 to 3 p.m. on September 10, 2022, in the conference room at Canaveral City Park, 7920 Orange Street, Cape Canaveral. This program is open to the public and the cost to attend is \$12. Light refreshments will be served. To register, go to www.lwv-spacecoast.org.

Guest speakers Dale Ketchum, Dr. Al

Koller and Laurilee Thompsom will discuss the advantages and disadvantages the current rise in rocket launches could pose to Brevard County, from our environment to our economy infrastructure and more.

Dale Ketcham serves as Space Florida's Vice President Government & External Relations. In this role, Ketcham utilizes existing and developing networks to advance the State of Florida as the recognized leader in the exploration, national security and commercial space marketplace through innovation, collaboration, and influence. Dale spent 40 years at the Cape working with major contractors, 8(a)'s, the U.S. Congress, Enterprise Florida and the University of Central Florida.

Dr. Al Koller retired in 2013 as Principal Investigator for SpaceTEC, NSF's National Center of Excellence for Aerospace Technical Education. For 21 years he was a senior administrator at Brevard Community College (now Eastern Florida State College) and for 32 years he was a NASA engineer/manager during Mercury, Apollo, Skylab, ASTP,

LWV LEAGUE OF WOMEN VOTERS
OF THE SPACE COAST



September Hot Topic
Rockets Away!

Risks & Rewards for the Space Coast

Open to the Public!

To register visit...
www.lwv-spacecoast.org

Join Us!
Sept. 10, 2022
1:30 pm-3 pm
\$12./person

The Conference Room, Canaveral Park,
7920 Orange St., Port Canaveral

Speakers : Dale Ketchum, Dr. Al Koler, and Laurilee Thompsom. Discuss the advantages and disadvantages of the current rise in rocket launches.

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STEVEN ALLENDER

and Space Shuttle. He earned a BS in Math and Physics, an MS (1967) in Systems Management and a DBA (1974) in Management and Quantitative Methods from Florida State University.

Laurilee Thompson is a fifth-generation Floridian with an unshakable commitment to the state's natural resources, including the Indian River Lagoon. She is the co-owner of Dixie Crossroads in Titusville, which boasts international name recognition and a menu that features locally caught seafood. Laurilee is an avid naturalist with a pragmatic eye to the sustainable use of natural resources and an important advocate for the promotion, protection and responsible use of our natural resources. She is the founder of the highly successful Space Coast Birding and Wildlife Festival and serves on numerous boards

related to tourism, the environment and fishing. **Right to Clean Water Initiative on Titusville Ballot.**

We won! Titusville voters will have an initiative on the ballot in November that will allow us to vote that we have the Right to Clean Water! Thank you to all the many, hard-working members of Speak Up Titusville - Right to Clean Water!

The City of Titusville hired an outside lawyer with our tax dollars to convince a judge to preemptively strike down the initiative when they realized that we would get the 4,000 plus signatures required to get this measure on the ballot. The judge ruled that there was insufficient time to strike it down.

We had to hire our own lawyer to plead our case. We could use help with the legal fee. If

anyone would like to donate, you can do so here using PayPal or Zelle. Zelle is better because there is no fee.

<https://nature-tribe.org/speak-up-titusville/>

EEL Program Referendum

The EEL Program Referendum has been placed on the November 8 ballot by a 3-1 vote of the Brevard County Commission. In a May voter survey, results showed that 70% of the voters expressed support or strong support of ballot language. The following was recommended for the language to be used on the ballot:

Shall Brevard County issue bonds to extend the Environmentally Endangered Lands program to acquire, improve and maintain wildlife habitats, wetlands, woodlands and lands that protect the

cont., next page



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Good Day!, cont.

Indian River Lagoon and St. Johns River, and maintain and improve nature education centers, with citizen oversight, provided bonds do not exceed 50 million dollars bearing interest not exceeding the maximum legal rate and maturing in 20 years, payable from levying of annual ad valorem taxes not exceeding .1465 mils?

If accepted as the ballot language, it would be a Yes or No vote.

To have a look at the proposed ballot with all items, visit the Brevard County Supervisor of Elections website, <https://www.votebrevard.gov/>.

Manatee Death Numbers Are Distressing.

These mild-tempered sea cows are deeply interwoven into the fabric of the Floridian identity. Through the first seven months of 2022, more than 650 manatees in Florida have died, and the major cause is starvation due to the loss of seagrass beds. More than 1,000 manatees died in 2021 alone, marking it the deadliest year on record for manatees living in the warm coastal waters off Florida. And in the past 19 months, more than 20% of the state's manatee population has died.

It's clear that this Florida icon needs our help. To make matters worse, red tide and harmful algal blooms, which are dangerous to manatees, could increase as the year progresses. Will you take action now by asking the United States Department of Interior to put the manatee back on the Endangered Species list?

When a species is listed as endangered, the federal and local governments put measures and regulations in place that protect imperiled species and the ecosystems upon which they depend.

You can help protect one of the most beloved creatures of Florida and keep manatees around for

generations to come. Visit <https://oceanconservancy.org/action-center/> for more information and to add your support to a group working directly with Congress to make the change.

Also, you can "adopt" a manatee at <https://www.savethemanatee.org/>. There are instructions on the page to adopt, donate and/or add your support to their efforts. Your financial support goes to helping wild manatees and their habitats. One of the most fun things to do is join one of their clean-ups to directly clean and improve one of the waterways where manatees frequent.

Until next month...

Cheerio,

Maureen Rupe

rupe32927@gmail.com

Someday I'll Tell My Children

Someday, when my child is old enough to appreciate what motivates a parent, I'll tell them...

- I loved you enough to bug you about where you were going, who with and what time you would be home and be "overprotective."

- I loved you enough to worry and nag about your health.

- I loved you enough to not make excuses for your bad manners and lack of respect.

- I loved you enough to choose to put myself last, every day.

- I loved you enough to ignore what "every other parent" did.

- I loved you enough to let you stumble, fail and fall, so that you could learn to stand alone.

But most of all, I loved you enough to risk you hating me for decisions that I made in the hope that I was doing what was best for you. That was the hardest part of all.

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Rose's Room

~ Rose Padrick

A couple of my family members being guided through various pretty severe health issues by The Big Guy has brought home the pain and feeling of hopelessness of watching a loved one struggle and not being able to help. I've been blessed by having friends and relatives joining me in prayer for them. I'm paying it forward to those being affected by terrible global miserableness, whether man or nature made, and invite all to join me.

I don't know if my 'Uniqueness' has been incorporated into their DNA, but I believe I belong to the most wonderful family on this planet. If I had to describe them as a group in a few words, it would be, 'Wonderfully quirky, hearts as big as all out doors, strong as steel.' I'm button-bustin' proud of each and every one of them. They have accomplished so much more than I ever could.

I do have to admit that as much as I admire their big hearts, energy and helpfulness, I get exhausted just being on the sidelines. I also get frowned upon in certain situations, but that comes with Grammy territory.

A granddaughter and granddaughter-in-law are hands-on helpful to their daughter and son-in-law (my most welcomed great granddaughter and great son-in-law) with their babies (my great-great grandchildren). The two grandparents being so motherly and vigilant made the Grammy-chocolate-donut-sneak difficult, but I do my best work under pressure.

Being part-time parents and working full time jobs evidently wasn't challenging enough, so they began incorporating large dogs at the end of their canine lives to the three small canines already running the house. There's a whole 'nother level of difficulty in palming treats to pets who insist on chewing right in front of parents and keep nudging me for more. But it can be overcome if said Grammy just happens to see what looks like a huge spider on the ceiling heading for the bedroom, resulting in said pet parents charging with folded newspaper in hand.

Diaper changing, trips to ballet class for the two-legged babies, and feeding, grooming, medicating the four-legged ones has mostly fallen on one parent while the other puts her all into kicking cancer's butt. She does so with grace and determination...also junk food, alcohol and trips down the pool slide with a laughing three-year-old. I'm blessed to have her in my life!

The above-mentioned granddaughter has a twin who also has a problem with the word no. This granddaughter and granddaughter-in-law have been fostering two of her cousins (my grandsons) for several years. Just when the boys settled down and teenagehood loomed on the horizon, they welcomed three more pre-teens into their home.

These parents made sneaking sugar laden snacks to already hyperacute pre-pubescent kids almost impossible. I had to resort to taking all five home with me to load them up with donuts and milkshakes, drop them back off and run like a scalded dog.

Add to this wonderfully boisterous family a newborn sibling and you've got a real case of yours, mine and ours! Neither parent having newborn experience made for many of my conversations beginning with, "I always did.... this way...." followed by a frantic parental Google search. Evidentially a baby raised by the great god Google does very well.

Except when a dreadful illness hits that tiny body. Trips to doctors, ER

visits, weeks in ICU and more weeks in a hospital room just made these parents hold tight to each other, face the future with resolve and become expert at working in the waiting room at midnight.

Having total freedom to stuff the now teenagers with cookies and ice cream makes it lose its luster. It didn't stop me from doing it...it just wasn't as much fun. So I had to do it twice as often. Somehow my visits always fell on the days when the other grandmother was overseeing dinner, baths and homework.

I'm proof that you can teach old dogs new tricks. Just a few weeks after Bug-a-Boo came home from the hospital I learned a baby with a feeding tube going into his belly can sloppily enjoy a lollypop. And if you let him slurp the pink ones, mom doesn't even know until you hand the sticky bundle to her and head for your car. Quickly.

Living by the old adage, 'Where there's a will-there's a way,' becomes more fun every day! If you don't already, I invite you to try it!

Life Wise

The best health advice you have ever received came from your mom when you were a toddler. That advice is to **wash your hands**.

Studies show if everyone routinely washed their hands, a million deaths a year could be prevented. Handwashing reduces the risk of food borne illness, respiratory, and other infections, particularly infections and viruses that can be spread by contact.

Life is better with clean hands...a mother's wisdom for a happy, healthy life!

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Parrish Healthcare Community Support Groups - September

Parrish Healthcare Stroke and Heart Survivors Support Group

If you've experienced a diagnosis or event, or are caring for someone living with heart disease or stroke, our community is here to support you.

- When: Tuesday, September 20, 2-4 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/StorkeandHeartSurvivorSupport

Parrish Healthcare Caring for Caregivers Support Group

Care giving is a rewarding, yet demanding labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, September 8 and 22, 9:30-11:30 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/CaregiverSupport

Parrish Healthcare's Fearless Café

A collaboration with St. Francis Reflections Life Stages Care, this group shares a casual discussion about advanced directives, power of attorney, wills, living wills and all of the often, scary conversations about death and dying.

- When: Wednesday, September 7, 10-11 a.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville

- Facilitated by Janet Rooks, MA, CDP
- For additional information, please contact Janet Rooks at 321-268-6800.
- To register, please visit www.parrishhealthcare.com/FearlessCafe

Parrish Healthcare Cancer and Survivor Support Group

This group is for cancer patients, cancer survivors and anyone touched by the disease. Enjoy refreshments and talk with others sharing similar situations and experiences.

- When: Wednesday, September 21, 4-5:30 p.m.
- Where: Heritage Hall, 931 N. Washington Ave., Titusville
- Facilitated by Shannon Luker, RN, BSN, OCN, CBCN
- For additional information, please contact Shannon Luker at 321-268-6111, ext. 3544.
- To register, please visit www.parrishhealthcare.com/CancerandSurvivorSupportGroup

Parrish Healthcare Mom's Support Group

A group for mothers with babies ages birth to six months. During this time, moms will be able to discuss topics such as infant feeding, sleeping, milestones, car seats, play, development, post-partum care, birth control, post-partum depression, dietary needs and much more. Space is limited.

- When: Mondays, September 12, 19, 26, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Teri Newman, MSN, RNC-MNN, IBCLC
- For additional information and to register, contact Teri Newman at teri.newman@parrishmed.com.

Parrish Healthcare A.W.A.K.E Sleep Support

This group is dedicated to exchanging information and increasing awareness of sleep, sleeping disorders, and related health concerns. Everyone with an interest in sleep and health is encouraged to attend.

- When: Wednesday, September 28, 6-7:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, please contact Michele Roberge at 321-268-6408.
- To register, please visit www.parrishhealthcare.com/AWAKESupportGroup

Parrish Healthcare Diabetes Support Group

This support group is for anyone age 18 and older with diabetes. Join us for tips to live better with this disease.

- When: Monday, Sept. 12, 3-4:30 p.m.
- Where: Heritage Hall, 931 N Washington Ave., Titusville
- Facilitated by Peggy McLaughlin, BSN, RN, CDCES
- For additional information, please contact Peggy McLaughlin at 321-268-6699.
- To register, please visit www.parrishhealthcare.com/DiabetesSupport

Be a Parrish Care Partner!

Each Thursday, Parrish Healthcare hosts open interviews from 9 a.m. - 12 p.m. The event is for ALL positions. Walk-ins welcome!

For additional information, please contact Tori Watson, Clinical Recruiter at 321-268-6111, ext. 7749.





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Monthly Tax Update

One year ago, my article started off with this: "Fresh from the Internal Revenue Service (IRS) Small Business and Criminal Divisions, the division has made the statement they will hire thousands of Auditors by September. This was made available by President Biden and the House Appropriations Committee to provide an additional \$1.7 billion for the fiscal year 2022 IRS budget. Quote, "The IRS SB/SE Co-Commissioners De Lon Harris and Darren Guillot spoke to the conference. "We're going to be ready to go, as soon as that budget hits... to start bringing in what could be double the number of folks that we are looking at bringing in this year, just for exam alone."

They noted that they planned to hire 1,300 field revenue officers, 400 tax compliance officers who will be available for "in person audits," (formerly called "office audits"), and 518 automated collection system (ACS) phone representatives."

Now, we have the Inflation Reduction Act of 2022. In this Act, IRS is receiving an additional \$80 Billion Dollars for IRS tax enforcement funding. I just don't understand where all the money goes, and they still can't answer the phone in a timely manner, process wet signature returns and requests in a timely manner..., and the list goes on. Anyway, if this is the plan to hire an additional 87,000 new agents, it will take new auditors six-months to complete their training and they are expected to audit cases worth less than tens of millions of dollars. Overall, between fiscal years 2015 through 2019, audits were down around 44%. So, you can see why they want to ramp up the audits.

Currently, the IRS ranks each tax return with a numeric score. The higher the score, the more likely an audit will be initiated. Or possibly, the system may flag a return due to deductions or credits that fall outside of acceptable ranges. Therefore, the best advice I can give you is to make sure you have your receipts to substantiate the amounts reported on your return.

Other items included in the Act is repealing the Trump-era drug rebate rules for \$120 billion, drug price inflation cap for \$100 billion, negotiation of certain drug prices for \$100 billion, clean vehicle manufacturing for \$20 billion, clean energy technology for \$30 billion, reducing health insurance premiums for \$64 billion, and other tax breaks not

affecting the majority of taxpayers.

Finally, many key policies were negotiated out covering plans for new childcare, housing, elder-care and paid-leave programs. My, my. Oh, and for the record, the title of the Act again is Inflation Reduction Act of 2022. I didn't find anything that addressed the inflation we are experiencing. This was even recognized and emphasized by Bernie Sanders. Wow!!! What will Congress and our dear President think of next?

Mid-terms elections are coming up. I recommend you give it some serious thought and don't re-elect career politicians, and clean up our political arena with representatives for the people and not just for the affiliated party leaders.

This is 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.

Scholarship For Local Student

The Higginbotham Scholarship Foundation, Inc., a tax-deductible scholarship foundation, provided a \$500 scholarship to Ms. Samantha Humphrys, pictured here with Mr. Higginbotham, President and Trustee of the Foundation, Inc.

Samantha is a graduating student from Space Coast Jr./Sr. High School who participated in many programs. She is the outgoing President of the Academy of Teacher Education and Public Service, where she was an intern at our three elementary schools here in Port St. John. She is also the outgoing President of the Student Government Association, focusing on community service projects. Her childhood dream is to work in the education field and she will be attending Florida State University to obtain a Master's Degree in Speech Pathology. We congratulate her and wish her well in fulfilling her dreams.

If you are interested in making a contribution or learning more about the Higginbotham Scholarship Foundation, Inc., please contact Tracey C. Higginbotham, President and Trustee, at 321-632-5726.



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Repair or Reconstruction: What's Best for ACL Tears?

Adults who tear a key ligament in the knee can fare well with a less extensive type of surgery, preliminary research suggests. The study involved patients treated for a ruptured anterior cruciate ligament (ACL), a strong band of tissue that helps stabilize the knee joint. ACL tears commonly happen during sports that involve jumping or sudden stops and pivots, like basketball, soccer and skiing.

The injury is often treated with surgery, and the "gold standard" is ACL reconstruction: A surgeon removes the torn ligament remnant and replaces it with a portion of a tendon from elsewhere in the body, or with donated tissue from a cadaver.

For many years, reconstruction has been the preferred choice over repairing the tear in the existing ligament. Studies going several decades back showed that those repaired ligaments often did not hold up over time. But repair techniques have been modernized, he explained, and there is growing interest in offering ACL repair to at least some patients.

Both ACL reconstruction and repair are minimally invasive procedures, done via small incisions, but repair is thought to have some potential advantages. It avoids borrowing tissue from a patient's tendon (usually a tendon connecting to the kneecap or one of the hamstring muscles), and it might allow a faster recovery.

"Historically, repair was associated with poor results," said lead researcher Dr. Adnan Saithna, an orthopedic surgeon at AZBSC Orthopedics, in Phoenix, Ariz. But, Saithna said, there has not been much data on how modern ACL repair stacks up against reconstruction.

For the study, his team compared 75 patients who'd undergone ACL repair at one medical center with 75 patients who'd had a standard reconstruction. Each repair patient was "matched" with a reconstruction patient of the same age, sex, body weight, sports participation and general physical activity level.

Overall, the study found, repair patients did better in certain respects: Six months after surgery, they had better hamstring strength. And farther out — 2.5 years, on average — they typically had better scores on a "forgotten joint" scale: Essentially, they were giving less thought to their injured knee, possibly because it felt normal again.



There was a significant downside, however. Repair patients were more likely to re-injure the joint: 5% suffered another ACL tear, while none of the reconstruction patients ruptured their ligament replacement. Age did seem to make a big difference in that risk: Many repeat tears were among patients younger than 22.

According to Saithna, the age divide makes sense. High school and college athletes, eager to get back into the game, may simply have more chances at a re-rupture. He added, though, that the risk might partly stem from the biology of those younger knees, too.

As for whether repair led to a faster recovery, the study found no clear proof of that: 75% of repair patients had returned to their pre-injury level of sports participation, versus 60% of the reconstruction group — but that difference was not significant in statistical terms.

Saithna presented the findings at the annual meeting of the American Orthopaedic Society for Sports Medicine, in Colorado Springs, CO. Studies reported at meetings are generally considered preliminary until they are published in a peer-reviewed journal.

Dr. Andrew Pearle is chief of the Sports Medicine Institute at the Hospital for Special Surgery, in New York City. He called ACL repair "an important tool to have in our armamentarium." But he cautioned that the risk of re-injury in young patients should be taken seriously. A repeat rupture, he noted, can damage other tissue in the knee — including cartilage cushioning the joint.

On the other hand, Pearle said that for adults who are not heavily into "cutting" sports, like soccer and basketball, ACL repair can be an option.

But there is also another choice for the relatively older, non-athletic crowd: Physical therapy, without surgery.

Pearle said that some people are "copers." That is, their knee joint is stable enough for their usual activities, even without an ACL. Other, not-so-lucky people are "non-copers," and without an ACL they end up with a "trick knee" that routinely buckles. (Unfortunately, Pearle noted, there's no way to predict which patients will be copers.)

At this point, many people who suffer an ACL tear may find their surgeon does not even put repair on the table. "It's not currently mainstream," Saithna said. But like Pearle, he said that a go at physical therapy is "perfectly reasonable" for the relatively older person who is active but not an athlete.

For more information, the American Academy of Orthopaedic Surgeons has more on ACL injuries at <https://orthoinfo.aaos.org/en/treatment/acl-injury-does-it-require-surgery/>.

SOURCES: Adnan Saithna, MD, orthopedic surgeon, AZBSC Orthopedics, Phoenix; Andrew Pearle, MD, chief, Sports Medicine Institute, Hospital for Special Surgery, New York City

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the



2nd Wednesday of each month - September 8th this month - at 7:00 pm in the club house on Merritt Island Airport.

If you have a passion or interest in aviation, then EAA 724 will bring you closer to the action. You don't have to be a pilot or aircraft owner to enjoy our group. Our chapter is a mixture of pilots, wannabe pilots and non-pilots. If you like aircraft and aviation, you are welcome. Each month we have an interesting speaker and lots of hangar flying.

The airport is approximately 2 miles south of SR 520 on 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, call 321-514-9456, email watersdwayne@yahoo.com, or visit the website at www.eaa724.org.

Brevard County Fire Rescue Offers Hurricane Tips

Brevard County Fire Rescue reminds residents that hurricane season runs from June 1 through November 30. BCFR offers the following safety tips to ensure that your family is prepared before a hurricane strikes, during the storm and in the aftermath of the event.

Before a storm:

Understand how hurricanes can affect where you live and work, and how the weather could impact you and your family.

Develop an emergency plan and practice how and where you will evacuate if instructed by local emergency management officials.

Create and maintain a disaster supply kit complete with enough water, non-perishable food and medications to last several days.

Learn how to properly secure your home against hurricanes. If your home is equipped with hurricane shutters, ensure that they are in proper working order before a storm threatens to strike.

If you have a generator, get fuel for it - at least enough for three days.

Monitor local weather forecasts and obtain a

NOAA Weather Radio.

During a storm:

Stay inside your home away from windows and glass doors. Find a safe area inside your home such as an interior room, a closet or bathroom on a lower level.

If flooding threatens your home, turn off electricity at the main breaker.

If your home loses power, turn off major appliances such as the air conditioner and water heater to reduce damage.

Do not go outside. Weather conditions can change rapidly with lightning, wind and a multitude of other hazards exist.

After a storm:

Remain indoors until an official "all clear" is given.

Do not touch fallen or low-hanging wires of any kind under any circumstances. Call police or utility companies immediately to report hazards such as downed power lines, broken water or gas mains and overturned gas tanks.

Once power is restored, ensure refrigerated food has not spoiled. Spoiled food is the cause

of much sickness two days to a week after the storm.

Do not operate charcoal grills, propane camping stoves or generators indoors for any reason. This includes inside garages, screened enclosures, or near open doors and/or windows.

When it is safe to do so, remove hurricane shutters from windows and doors. These should not be left in place for any reason. Doing so may prevent early detection of the presence of a fire, hinder firefighting efforts or prevent your family members from escaping the home in the event of a fire.

More information and ideas on how you can be a Force of Nature can be found at <http://www.brevardfl.gov/emergencymanagement/home/>.

Information on the different types of severe weather such as tornadoes, severe thunderstorms and floods is available at www.weather.gov and www.ready.gov/hurricanes or the Spanish-language website, www.listo.gov.

You can also go to <https://www.floridadisaster.org/planprepare/> and create your own family disaster plan, print it out and save it.

Misconceptions About Hospice Care: It's About Quality Of Life, Not Imminent Death

Between 1.3 million and 1.7 million patients in the U.S. were cared for annually through hospice services from 2009-2020. But many people continue to have misperceptions of hospice care. 40 percent in one survey believed its sole purpose is sedating patients nearing death.

The Hospice Foundation of America defines hospice as medical care designed to help someone with a terminal illness live as well as possible for as long as possible. Some families avoid hospice as an option for their terminally ill loved ones, who miss out on care and support that can make their final months more enjoyable. It's a good idea to know in advance what hospice is and the many benefits it can provide.

Part of the need to create more awareness about this healthcare option is driven by the COVID-19 patients who did not receive hospice care and died alone in hospital rooms.

It's a service, not a place. Some families think hospice care involves putting the ill family member in a lonely facility, but that's not true. Hospice also treats patients where they live. "

It's not about giving up. There are eligibility requirements for hospice care, one of which is your regular doctor and hospice doctor certifying that you're terminally ill (with a life expectancy of six months or less). Hospice care is meant to increase both the quantity and quality of life for the patient, providing all medications, services and equipment the patient needs. Studies have shown that people on hospice live an average of 29 to 44 days longer than those not on hospice.

"We have to stop thinking of hospice as a death sentence and a sign of surrender," Johnston says. "We need to see it as an amazing opportunity to live until the end, without stress and with a sense of peace. But some people are referred for care much too late."

It's not expensive. Hospice is covered by Medicare, Medicaid and most private insurance.

It's an important acknowledgement. Hospice is really a celebration of a patient as they near their final days. It's an acknowledgement that they matter. The hospice team's attention gives them dignity and appreciation when they need it

the most.

For more information, visit <https://www.medicare.gov/basics/get-started-with-medicare>.

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.



Shows are held on the last Sunday of each month, 2:00-5:00 p.m. at Elks Lodge #1532, 315 Florida Ave., Cocoa. The event is open to the public. Admission is free.

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



Titusville Playhouse

The Titusville Playhouse, Inc. is located within the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound), providing professional quality entertainment on the Space Coast. The MainStage theatre includes a 150 seat orchestra section and a 124 seat Balcony Section. The new Shuler Stage is an open air stage across the street at 301 Julia St.

MainStage Show:

Show times are Friday, Saturday and select Thursdays at 8:00 p.m., Sunday and select Saturdays at 2:00 p.m. Lobby Doors open 30 minutes before show time.

Seating begins 30 minutes before showtime.

AIN'T MISBEHAVIN' - Rated PG13

September 9 - October 2, 2022

The inimitable Thomas "Fats" Waller rose to international fame during the Golden Age of the Cotton Club and that jumpin' new beat, swing music. Although not quite a biography, Ain't Misbehav-in' evokes the delightful humor and infectious energy of this American original as a versatile cast struts, strums and sings the songs that he made famous in a career that ranged from uptown clubs to downtown Tin Pan Alley to Hollywood and concert stages in the U.S., Canada.

Public Book Sale

Come out to the Catherine Schweinsberg-Rood Central Library, 308 Forrest Ave. in Cocoa on Friday, October 21, Saturday, October 22, 9:00 a.m. - 4:30 p.m. and Sunday, October 23 1:00 - 4:30 p.m. for a Public Book Sale. There will be hundreds of books for sale and it's a great opportunity to visit the library and see what's new.

The sale will also include CDs/DVDs, audio books and textbooks. There is no fee to take part in the sale. This is a Public Sale performed by the Friends Group in support of the Central Library.

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, September 10th and 17th. Music will be provided by Janice and Rene. For both dances, doors open at 6:30 p.m. and dancing begins at 7:00 p.m., ends at 10:00 p.m. Free snacks, BYOB. Adults of all ages are welcome. The cost is \$8; \$9 for members.



Adults of all ages are welcome to our dances. MASC is located at 1025 S. Florida Ave., Rockledge. Call Martin Andersen Senior Center at 321-631-7549 for more information.

September Art Classes

The Studios of Cocoa Beach is offering four art classes in September with something for everyone. On Thursday, September 1 from 1 to 3 p.m., Jan Bryant is teaching basic watercolor painting. Students will paint "Florida Fall," a cascade of colorful leaves. No experience needed. The fee is \$65, which includes all materials. You will go home with a completed watercolor painting.

On Friday, September 9 from 6 to 8:30 p.m., Jaymee Weinreich will guide you as you paint "Dolphin Sunrise" on canvas with acrylic paints. Learn color blending, creating movement and adding details. It's a party, so bring snacks and a friend. The fee is \$45, which includes all supplies needed.

On Wednesday, September 14 from 6 to 9 p.m., Jamille Haddad begins a three session class, "Introduction to Stained Glass. You will learn to cut and prepare glass and complete a stained glass design using the copper foil technique.

The class meets September 14, 21 and 28. The fee is \$150 plus \$75 supply fee.

If you'd rather try "Oil Painting," Delia Swenson will teach a basic class on Saturday, September 24 from 2 to 4 p.m. Learn the basics of painting wet on wet with oils on canvas using professional artist brushes and paints. The fee is \$75, which includes all supplies.

For more information and registration, visit the Studios website; www.studiosofcocoabeach.org. The Studios is located at 159 Minutemen Causeway in downtown Cocoa Beach.



Mad Science Saturdays

Is Now Doing Weekdays, TOO!!!

Due to popular demand, and a request from homeschool groups, we will be holding MAD SCIENCE Workshops on Tuesdays and Thursdays, once a month in addition to our twice a month MAD Science Saturdays starting in September!

Septembers Class will be:

Telling Robots What To Do Basics of Coding

How do you tell a robot what to do when it is on another planet? How do computers even think? These questions and more will be answered this month at our MAD Science Saturday class.

Professor Darin will be doing some experiments with the basics of coding, where the students will work with the challenges of telling a robot what to do when it takes hours to send a message, as well as having them write their own code.

The workshop will be offered at 10:00, 12:00, and 2:00 on both Saturdays, September 3rd and 10th, as well as Tuesday the 13th and Thursday the 14th. Be sure to register soon at <https://spacewalkoffame.org/register> to reserve a spot, as class sizes are limited to 12 students per class time.

For more information, please contact the American Space Museum at 321-264-0434. The address of the museum is 308 Pine Street, Titusville. It will be lots of fun, as well as educational, and it's FREE.

**American
Space
Museum &
Space Walk of Fame**

Parrish Healthcare Supports Local Student Athletes

Since 2010, Parrish Medical Group's Sports Medicine and Athletic Training Program—led by physician Anthony Allotta, DO—have hosted a series of sports physicals for area students and have donated 100% of the proceeds back to support students attending North Brevard schools.

This year, Dr. Allotta was joined by PMG's Orthopedic Surgeon Bryan Parry, MD, certified athletic trainers, and representatives from Who We Play For. Nearly 200 physicals were completed and 100 participants opted to receive a potentially life-saving electrocardiogram (ECG).

"Parrish Healthcare is a proud sponsor of Who We Play For (since 2019). Together, we have served to eliminate preventable sudden cardiac death in youth by making available affordable heart screenings at our annual events," said PMC Sport Medicine Physician Anthony Allotta.

Parrish Medical Group's Dr. Allotta, athletic trainers, and soon to be joined by Dr. Parry, work with local student athletes before, during

and after the school year. They are on the fields for practices and game time to provide medical support and to teach injury prevention techniques at four area high schools: Space Coast Jr/Sr High School, Titusville High, Astronaut High, and Cocoa High. If an injury occurs, the same team that is there for them on the fields is there through their treatment and recovery.

"Working with local student athletes by performing our annual sports physicals, as well as providing athletic training and medical support during sports seasons, is a terrific way that care partners at Parrish Medical Group can give back to our community and support our mission of healing experiences for everyone all the time," said Dr. Allotta.



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*Contact Allison Henzmann for any questions: scfootballboostervp@gmail.com

*Valid for two years. The cruise includes accommodations and all meals, activities and entertainment normally included in the cruise fare. Not included, transportation to the port as well as items that are traditionally an additional cost during a cruise. Examples include casino gambling, alcoholic beverages, and extra cost nonalcoholic drinks such as sodas and specialty coffees, as well as spa treatments and souvenirs. The cruise must be booked a minimum of 2-4 weeks in advance of sailing. Black-out dates Christmas and New Year's. Excludes Odyssey of the Seas and Wonder of the Seas. Staterooms can be upgraded at additional cost. Certificates are non refundable and not replaceable if lost and must be used together for double occupancy. Winner needs not be present to win.

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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.**

9-3 Bike Days at the Tiki, 1:00 - 5:00 PM

7260 S. US Hwy. 1, Bellwood, (just north of Port St. John), 321-268-1632. Contact Wayne Fowler, Events Coordinator, American Legion Riders Post 359 at 321-307-1450 or visit their website, alr359.org, for more information.

9-5 Labor Day

9-6 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.

9-7 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

9-7 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

9-8 Amvets Ladies Auxiliary 2415 General Membership Meeting on the 2nd Thursday of each month at 6 p.m. President, Theresa N. Anderson, 321-208-7897.

9-8 North Brevard Parks and Recreation meets at 5 p.m. at 518 South Palm Ave., Titusville. For questions, call Jeff Davis at 321-264-5105.

9-9 Brevard Women's Connection meets at Space Coast Convention Center on Hwy. 520 from 11 AM until 1 p.m., 2nd Friday of each month. Call Pam at 321-752-6896 or e-mail bwc0020@gmail.com.

9-10 Amvets Riders meeting, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

9-11 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.

9-11 Patriot Day

9-11 Calling all Christian authors! Dynamic writers group in Cocoa offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 p.m. at Cocoa Library). Contact D.P. Clarke at lroyaldy@gmail.com for more information. Print "Writers Group" in Subject.

9-11 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

9-14 Amvets Post 2415 General Membership Meeting on the 2nd Wednesday of each month at 6 p.m. Commander Larry Lonneville, 321-208-7897.

9-19 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

9-21 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance.

9-24 Veterans & First Responders Breakfast - 9:00 a.m. at Saint Patrick's Anglican Church, 4797 Curtis Blvd., Port St. John. This is open to all veterans, spouses of veterans and all first responders. Last Saturday of each month.

9-25 - 27: Rosh Hashana

9-27 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hopkins 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.

Congratulations to:

Cooper Campbell turns **16** on the 1st.
Sheila Grenet dances all night on the 2nd.
Liz Montes turns more lovely on the 2nd.
Teri Bynum turns cuter on the 2nd.
Corabeth Ridgely turns **19** on the 3rd.
Derek Rickard turns buffer on the 3rd
Mary Hornsby is a Queen on on the 4th.
Diane Sangalang turns prettier on the 10th.
Sue Bray is more awesome on the 13th.
Michelle Walker is the party girl on the 16th.
Shane Orend turns **26** on the 16th.
McKenzie Mounts turns **13TEEN** on the 17th!
Jayne Hannon turns hotter on the 18th.
Jennifer Brunet - Happy B-Day! Love from Roger and the girls on the 18th.
Mitchell Hannon turns wilder the 20th.
Carol Drabek rules the world on the 20th.
Teresa Higginbotham gets kisses on the 21st.
Cloyd Manuel will be a hot **76** on the 21st
Belinda Crouse has a party day on the 21st.
Lincoln Unrue turns **6** on the 22nd.
Naomi Beasley has a Heavenly day on th 22nd.
Vance Gaddy and Charles Samples party all night on the 22nd.
Kyle Troxel turns cooler the 24th.
Kathy Patterson dances all night on the 24th.
Brooke Brunet turns **16** on the 27th.
Henry Snavely turns **10** on the 28th!
William Taylor turns **74** on the 28th
Christian Burt is turns the **BIG 16** on th 28th.
Audriana Arizmendi is turns **18** on the 29th.
Jim Elmore a birthday on September 30th.
Colton Orvis turns **25** on the 30th.
Sam & Keri Weeks celebrate **28** happy years this month.
29 happy ones for **Sandy & Joe Thomas** on the 4th. And a late Happy 53rd to Joe!
Ronni & John Hansen celebrate **30** happily married years on the 5th.
Jim & Dolores Scott celebrate **49** on the 15th.
Steve & Lisa Sweeney celebrate their **24th** anniversary on the 19th.
Aaron and Sharon Hightower celebrate their **36th** anniversary on the 20th.

We have lots of room for more good news.
Email your inputs to happenings1@att.net.

Important Phone Numbers

County Commissioner -	264-6750
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Center	637-6670
Waste Management -	636-6894
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

FestiFALL Is Back!

FestiFALL is coming back to Port St. John after a 2 year absence due to COVID. The event will be held on Sunday, November 13th from 2:00 - 6:00 p.m. at the Long Lake pavillion in Fay Lake Wilderness Park, located at the west end of Fay Blvd.

The day will include live entertainment, a pumpkin eating contest, chili cook-off, talent show, hay ride, game booths, Bounce Houses, Craft Fair, demonstrations and a Turkey/Pilgrim Costume Contest. Don't miss the fun!

This event is sponsored by the Port St. John Community Foundation. We'd would love for PSJ residents to take part. Check out the Facebook page for information: www.facebook.com/Port-StJohnCommunityFoundation/.

Port St. John Public Library 6500 Carole Ave., Port St. John 321-633-1867

Mary Lena Penna, Library Director

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

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.

9/7 6-7:30 p.m.: **Star Wars Trivia Night**, all ages!

9/14 6:30 p.m.: **Bookworms Bookclub**, see the Reference Desk for monthly book selection.

9/10 & 9/24 10 a.m.-noon: **Pokemon Club of Port St John**. All ages welcome.

9/17 10:30 a.m.: **DIY Pumpkin Stack Fall Craft**. \$35 fee due at signup. Registration ends 9/14. See Reference Desk for information.

Tuesdays, 10-11 a.m.: **Humanatee Yoga** for Beginners or Intermediate. \$5 Instructor Fee.

10/1 10:30am : **DIY Halloween craft**. Fee due at signup. Registration ends 9/28. See Reference Desk for information.

Thursdays, 3:00 p.m.: **Storytime for Young Readers**. Ages 6-12.

Fridays, 10:30 a.m.: **Little Listeners storytime**. Ages 2-5.

All Brevard County libraries will be closed on Monday, September 5th in observance of Labor Day.

Free Back To Nature Open House

The Nature Center at Rotary Park is hosting a Back to Nature Open House from 10 a.m. to 4 p.m. on Saturday, September 24, at Rotary Park, located at 1899 S. Courtenay Parkway, on Merritt Island.

This free family event invites visitors to check out the updated Nature Center at the park, and will also feature a variety of food trucks, activities and games for all ages.

Vendors and exhibitors are wanted! Please contact the Rotary Park Nature Center at 321-455-1385.

Monkeypox Vaccine Available In Orange County

Health experts are warning that monkeypox is spreading worldwide at an alarming rate. There are nearly 14,000 confirmed cases in the U.S. right now. Florida has the third-highest number of cases. The vaccine is being rolled out locally to try and control the outbreak.

Supply is limited, so there's a restriction on who can get the vaccine. On Thursday morning, August 18, 2022, the Florida Department of Health in Orange County (DOH-Orange) opened its Monkeypox Vaccination Appointment System at 8:30 a.m. Monday through Friday ONLY.

The appointment system is located on the DOH-Orange website at: <https://orange.floridahealth.gov/about-us/expanded-alerts-2.html>. **No walk-ins accepted.** If there are no appointments available when you visit the site, please check the website frequently. DOH-Orange will offer new appointments as additional vaccine becomes available.

Common symptoms initially include fever, chills, swollen lymph nodes, fatigue and muscle aches, followed by a rash that eventually turns into lesions. Please visit the CDC website - <https://www.cdc.gov/poxvirus/monkeypox/considerations-for-monkeypox-vaccination.html> - for more information about monkeypox.

Hepatitis A (Havrix) and Meningococcal disease vaccine (Menveo) is also being offered to those at high risk at this time and may be received during the same appointment.

National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. The September meeting will on the 12th. We have changed our meeting place to the Red Lobster Restaurant, 215 E. Merritt Island Causeway, Merritt Island. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

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

Brevard County Monkeypox Information

From <https://brevard.floridahealth.gov/newsroom/>

The Florida Department of Health in Brevard County (DOH-Brevard) is monitoring the monkeypox outbreak. There are cases of monkeypox in at least 43 states and Washington DC. To date, there have been no monkeypox-related deaths outside of endemic countries. Human-to-human transmission generally requires prolonged, face-to-face contact, direct contact with lesion materials, or indirect contact with lesion materials through contaminated items, such as contaminated clothing. Therefore, the risk of monkeypox to the general population remains low.

In the event of a monkeypox case, DOH-Brevard will conduct epidemiological investigations to notify possible exposures and offer potential post-exposure prophylaxis. DOH-Brevard will offer the monkeypox vaccine to high-risk groups as doses become available from the federal government.

Up to date information on monkeypox is available at FloridaHealth.gov. Case data for monkeypox, as well as other reportable diseases, can be found on FLHealthCharts.gov.

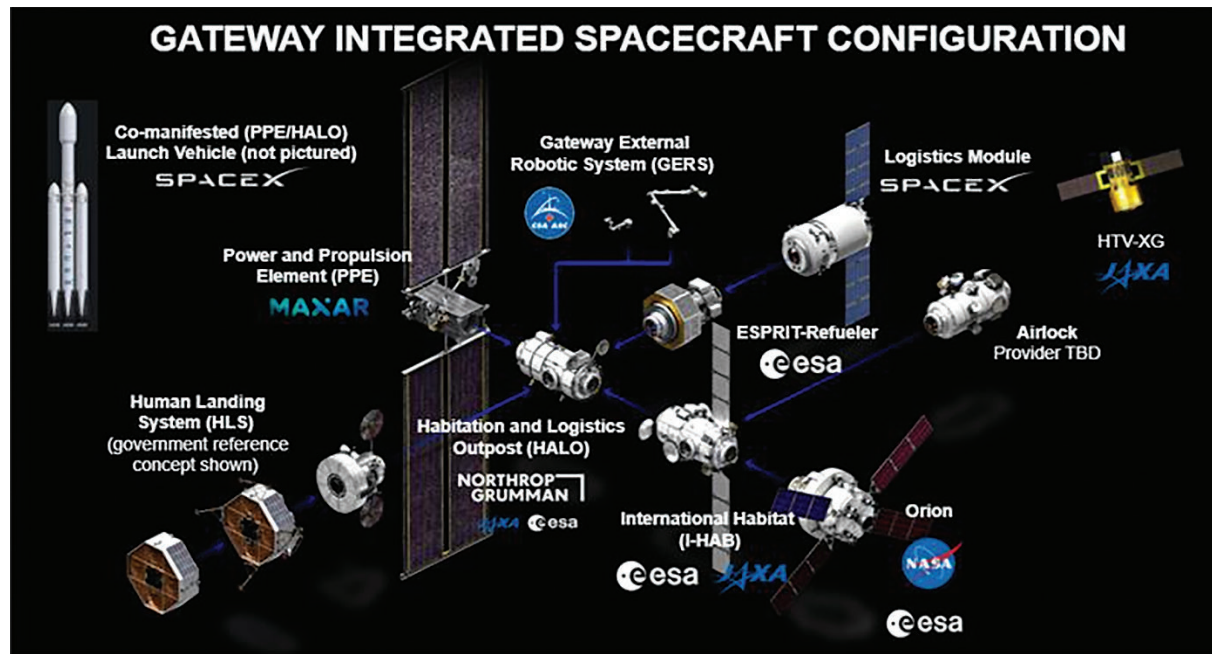
The public should also remain vigilant of the current meningococcal outbreak. Demographic impacts are similar among meningococcal and monkeypox cases. The meningococcal vaccines are available to high-risk populations at every county health department, free of charge. Floridians can find more information on meningococcal disease here.

Follow the Florida Department of Health on Facebook, Instagram, and Twitter at [@HealthyFla](https://www.facebook.com/HealthyFla). For more information please visit www.FloridaHealth.gov.

Gateway Lunar Space Station

Based at NASA's Johnson Space Center in Houston, Texas, the Gateway Program is building a small, human-tended space station orbiting the moon that will provide extensive capabilities to support NASA's Artemis campaign. Built with international and commercial partnerships, Gateway's capabilities for supporting sustained exploration and research in deep space include docking ports for a variety of visiting spacecraft, space for crew to live and work, and on-board science investigations to study heliophysics, human health, and life sciences, among other areas. Gateway will be a critical platform for developing technology and capabilities to support Moon and Mars exploration in the coming years.

Gateway will be humanity's first space station in orbit around the moon to support NASA's deep space exploration plans, along with the Space Launch



A full view of Gateway that includes elements from international partners. The Gateway is critical to sustainable lunar exploration and will serve as a model for future missions to Mars.

System (SLS) rocket, Orion spacecraft, and the Human Landing System (HLS) that will send astronauts to the Moon. NASA has focused Gateway development on the first two elements of Gateway – the Power and Propulsion Element (PPE) and the Habitation and Logistics Outpost (HALO) - which will launch together on a commercially procured launch vehicle. **Power and Propulsion Element** - The Power and Propulsion Element is a high-power, 60-kilowatt solar electric propulsion spacecraft that will provide power, high-rate communications, attitude control, and orbital transfer capabilities for the Gateway. In May, 2019, NASA selected Maxar Technologies of Westminster, Colorado, to develop and build the PPE. The PPE is managed out of NASA's Glenn Research Center in Cleveland, Ohio.

Habitation and Logistics Outpost (HALO) - HALO is where astronauts will live and conduct research while visiting Gateway. The pressurized living quarters will provide command and control systems for the lunar outpost, and docking ports for visiting spacecraft, such as NASA's Orion spacecraft, lunar landers, and logistics resupply craft. The HALO module will serve as the backbone for command and control and power distribution across Gateway and will perform other core functions, including hosting science investigations via internal and external payload accommodations, and communicating with lunar surface expeditions.

HALO also will enable the aggregation of additional habitable elements to expand Gateway capabilities, leveraging contributions from Gateway's international partners. Batteries provided by the Japan Aerospace Exploration Agency (JAXA) will power HALO until PPE solar arrays can be deployed and during eclipse periods. Robotic interfaces provided by the Canadian Space Agency will host payloads and provide base points for Canadarm3 robotic operations. ESA (European Space Agency) will provide a lunar communications system to enable high-data-rate communications between the lunar surface and Gateway.

HALO is managed out of NASA's Johnson Space Center in Houston. Northrop Grumman of Dulles, Virginia was awarded a contract for the preliminary design of HALO in 2020, and the re-

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maining content for HALO was finalized between NASA and Northrop Grumman through signing a contract in July 2021.

Gateway Science - Gateway will provide unique options for Earth science, heliophysics, lunar and planetary sciences, life sciences, astrophysics, and fundamental physics investigations by allowing extended views of the Earth, Sun, Moon and space not possible from Earth's surface or from Earth orbit.

The first three science instruments for Gateway have already been selected. Two of them, the Heliophysics Environmental and Radiation Measurement Experiment Suite (HERMES) and the European Radiation Sensors Array (ERSA), will fly outside Gateway to monitor the Sun's radiation environment and space weather. HERMES, led by NASA's Goddard Space Flight Center, will monitor lower energy solar particles critical to scientific investigations of the Sun including the solar winds. ERSA, led by ESA, will monitor radiation at higher energies with a focus on space weather.

The Internal Dosimeter Array (IDA) will fly inside the HALO to allow for the study of radiation shielding effects and improve radiation physics models for cancer, cardiovascular, and central nervous system effects, helping assess crew risk on exploration missions. IDA is being built by ESA, with additional science instruments from JAXA.

After integration on Earth, PPE and HALO are targeted to launch together no earlier than November 2024 on a Falcon Heavy rocket from Launch Complex 39A at Kennedy.

As astronauts prepare for missions to the lunar surface, they will need deliveries of critical pressurized and unpressurized cargo, science experiments and supplies like sample collection materials. In March 2020, NASA announced SpaceX as the first U.S. commercial provider under the Gateway Logistics Services contract to deliver cargo and other supplies to Gateway. One logistics services delivery is anticipated for each crewed Artemis mission to Gateway.

Gateway Deep Space Logistics Office is based at NASA's Kennedy Space Center. Gateway international partners will provide important contributions to the Gateway space station, comprising advanced external robotics, additional habitation,

and refueling capability.

In October 2020, ESA signed an agreement with NASA to contribute habitation and refueling modules, enhanced lunar communications to the Gateway and two more Orion Service Modules.

The ESA-provided International Habitation module, I-HAB, will enhance Gateway capabilities for scientific research, life support systems and crew living quarters. These capabilities enable longer duration crewed Gateway missions.

The European refueling module will also include crew observation windows.

The enhanced lunar communications module will be integrated with the Habitation and Logistics Outpost (HALO) module pre-launch and provide high-rate communications relay between Gateway and elements on the lunar surface.

In December 2020, Canada signed an agreement with NASA to participate in Gateway and provide advanced external robotics.

The CSA-provided external robotics system includes a next-generation robotic arm, Canadarm3, for Gateway. Canadarm3 will move end-over-end to reach many parts of Gateway's exterior, where its anchoring "hand" will plug into specially designed interfaces.

CSA also will provide robotic interfaces for Gateway modules, which will enable payload installation including that of the first two scientific instruments launching on the inaugural Gateway elements.

In 2020 Japan finalized an agreement with NASA to provide several capabilities for Gateway's I-HAB, which will provide the heart of Gateway life support capabilities and additional space where crew will live, work, and conduct research during Artemis missions.

JAXA's planned contributions include I-HAB's environmental control and life support system, batteries, thermal control, and imagery components, which will be integrated into the module by ESA prior to launch. These capabilities are critical for sustained Gateway operations during crewed and uncrewed time periods.

Four Communities VFD T-Shirts

Four Communities Volunteer Fire Dept. is taking orders for t-shirts. You can call at 321-800-8845. Please see their Facebook page for information on the t-shirts.

St. Patrick's Church Events

September and school is back in session and so are the education opportunities for adults and children at St. Patrick's Anglican Church. Starting on Sunday, September 11th. Adult Bible Study will re-start with an amazing study and discussion of 1st Peter. Bible Study is between 8 and 10 a.m. Service starting at about 9:00 a.m. and finishing at 9:40 a.m. Please join us for a great study and coffee (sometimes snacks as well).

Children's Sunday School will also start on Sunday, September 11th, the first 4 weeks we will be studying Old Testament heroes (Joseph, Moses, Noah, and Jonah) and studying "God's Promises" to us as Christian through their faith and devotion. There will be Bible stories, discussions and craft projects. Sunday School is available for children in Kindergarten through 8th Grade and is held during the service (children will exit during announcements and return for communion). In preparation for the Bishop's visit in November – confirmation classes for adults and children will be held. Check website for details.

Our weekly Sunday Service schedule is:

- Wednesday 6:00 p.m. Eucharist
- Sunday 8:00 a.m. & 10:00 a.m.

(10:00 a.m. on Facebook Live) (<https://www.facebook.com/StPatspsj>)

Other upcoming events:

Veteran's, Veteran Spouses, First Responders are invited to a full breakfast on the last Saturday of each month. Saturday September 24th at 9 a.m.

Everyone is invited to our Labor Day End of Summer BBQ – September 5th, 5 p.m. Cost is \$10.00 per person. BBQ Pork – Chicken – Potato Salad – Baked Beans – Cole Slaw - Rolls

The Parish Hall of St. Patrick's Anglican Church is available to rent for birthday's, parties and events. Please contact the church office for pricing and information.

Check out our website for more events: stpatrickspsj.org

Are you interested in receiving email notifications of upcoming events or services? Please subscribe to our website and we will be more than happy to forward you all update information.

St. Patrick's Anglican Church – Port St. John
4797 Curtis Blvd.

Port St. John

Office: 321-802-1311

SLEEPY HOLLOW



Fruit From The Groves

Recently, I spoke with the contractor that is replacing the Florida Power & Light poles. There are a lot of poles out here in the Groves that have to be replaced due to age and drying out. They could easily break in a storm if not replaced. FPL has replaced the street lights with LED lights that are brighter, last longer and take less power to run.

Brevard County Road & Bridge has started cleaning out the main canals on the west side of Pine Street, which has not been done in many years. This will help the flow of water in a storm to put the water into the St. Johns Water Management District area.

It appears, from a news article, that Brightline will not be making trips from Miami to Orlando until 2023. It was announced that Brightline is going to place a station in Vero, Indian River County.

Brevard County Sheriff's Office has been active in the Groves with the Motor Unit and unmarked cars enforcing the traffic laws. Remember, if you see something suspicious, please let the Sheriff's Dept. know. It's the only way they can keep us safe.

Brevard County Fire Station 29, Guardians of the Groves, have been busy as usual. They've had medical, fire and vehicle accidents. There have been reports of people not yielding to emergency

vehicles when they are on calls, so please do so.

Four Communities Fire Dept. has also been busy on calls with Stations 29 and 26, as well as assisting other fire departments & stations in the area.

It appears in the next few years or sooner that the traffic around our area is going to increase. They are putting new condos, homes and apartments along State Rd. 524. Houses are being built on Camp Road and US 1. A mobile home park will be going in Canaveral Estates. Also, developments will be going in along Grissom Parkway. There will be a new complex going on Hwy. 520.

- Ed Silva

Post 359 - American Legion Riders presents Bike Days at the Tiki Saturday, September 3rd 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.

Walk For Life

Walking is the most studied form of exercise. Research has demonstrated numerous proven health benefits from regular walking, which "pound for pound" may be the most effective and efficient form of achieving and maintaining generalized well-being and fitness.

According to the Arthritis Foundation, at least a dozen specific health benefits are derived from walking which include:

- Improvement of Circulation
- Normalization of Blood Pressure
- Maintenance of Bone Health
- Longer Life Expectancy
- Reduction in Anxiety and Even Mild Depression
- Weight Loss and Maintenance
- Gains in Strength and Flexibility
- Sleep Enhancement
- Promotion of Joint Health
- Reduction of Mental Decline
- Lowers Alzheimer's Risk
- May Reduce Incidence of Disability in Patients over age 65

Walking also maintains better blood glucose control, normalization and most people can maintain a walking practice throughout their lifetime.

Walking is free, doesn't require anything other than a quality pair of running or walking shoes, and requires no special training.

Once you become comfortable with a daily walk, you can pick up the pace from there. Many online walking programs are available to suit your individual training goals and objectives.

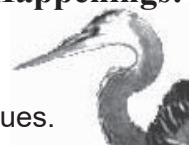
Of all the forms of exercise options available, walking is the purest, easiest form of exercise. You can derive great benefit with a very low risk of injury or pain.

- David Caldarella, DPM, FACFAS, is a fellowship-trained podiatrist and expert in foot and ankle conditions in both adults and pediatrics, and a foot and ankle surgeon at St. Elizabeths Medical Center and Boston Sports Performance Center.

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?

Walter Butler Community Center September, 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.

Open Gym, 6 – 8 p.m. (Mondays Only)

TUESDAYS

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

Kids In Motion Aftercare 3-6 p.m.

WEDNESDAYS

Pickleball, 11 a.m. – 2 p.m.

Open Computer Lab, 6 – 8 p.m.

Volleyball Fundamentals, 5 – 7 p.m.

THURSDAYS

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 p.m.

FRIDAYS

Pickleball, 10 a.m. – 1 p.m.

SATURDAY

Open Computer Lab, 10 a.m. – 2 p.m.

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

Open Game Room, 10 a.m. – 2 p.m.

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 Kowaleuski at 321-403-6918.

AQUA ZUMBA - Jump into the Latin-Inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash! Classes are Tuesdays & Thursdays at 10:00 a.m., and Saturdays a 10:45 a.m. for one hour at Parrish Health & Fitness Center. \$5 per class or \$10 per week. For class details, contact Debbie Kowaleuski, your licensed Zumba Instructor at 321-403-6918, or visit www.dkowaleuski.zumba.com.

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 3 p.m. – 6 p.m. Program cost is \$30.37 weekly. Discounts are available for households living in the target area, eligible for free or reduced lunch and/or qualifies for EBT assistance. For more information, contact Walter Butler Community Center at (321) 433-4448.

Blessing of the Animals

Join us as we celebrate the Feast of St. Francis of Assisi which honors the special role animals play in peoples' lives. Conducted in remembrance of St. Francis of Assisi's love for all creatures, a procession of animals, from dogs and cats to hamsters and even horses, are welcome. Reverend Sara Oxley of St. Mark's Episcopal Church, Cocoa Village, will officiate this special ceremony called the Blessing of the Animals, on Saturday, 10/01/22, 10:00 a.m., at Myrt Tharpe Square (Gazebo), in Historic Cocoa Village.

Pet photos with Rev. Oxley will be taken immediately following the group blessings (\$5 donation). All donations will benefit the Florida Wildlife Hospital, Palm Shores, Florida, a 501(c)(3) non-profit organization dedicated to Florida's wildlife in need. Since 1973, Florida Wildlife Hospital has rescued, rehabilitated, and released thousands of sick, injured and orphaned animals in Brevard County.

Special ambassadors from the Florida Wildlife Hospital will be in attendance for a unique meet-and-greet. These animals are permanent residents of the hospital that could not be released into the wild.

All pets are welcome on a leash or in appropriate carriers. Donations are tax deductible and greatly appreciated.



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Life Moves

Your Bones, Muscles and Joints

EVENT | **Free Community Orthopedic Health Presentation**

ABOUT | Featuring Dr. Anthony Allotta, Dr. Johnathan Lubitz, Dr. Bryan Parry and Dr. David Schafer.

Bone and joint health are essential to maintaining a high quality of life. Join us for an informative evening with our orthopedic panel of experts who will share information about healthy aging, tips and tricks to maintaining an active lifestyle at any age, as well as a free risk assessment, live demonstrations, door prizes and more!

WHEN | Wednesday, September 7 | 5:30 –7:15 PM

WHERE | Indian River Preserve
3950 Clubhouse Drive, Mims, FL 32754

Seating is Limited. RSVP required. Reserve your seat by registering at parrishhealthcare.com/orthoevent



Anthony Allotta, DO, FAOASM
Sports Medicine



Jonathan J. Lubitz, DPM
Podiatry



Bryan Parry, MD
Orthopedic Surgery



David Schafer, MD
Orthopedic Surgery