HAPPENINGS

ISSUE NO. 399

JULY 2023

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

Thunder Over the Indian River 2023

Thunder Over the Indian River will be held on Saturday, July 1st at the OUC Canaveral plant, corner of Kings Hwy. and US1, again this year. This year's event will include a BBQ contest, food and cold drinks available to purchase, bounce houses, demonstrations and music leading up to the fireworks show at dark (usually about 9:15). Weather conditions may cause the fireworks to be a little early to avoid rain.

The gate to the compound where all the shows, demonstrations and food will be is on Kings Hwy., right across from Capron Rd. The gate at Kings Hwy. & Capron Rd. will open at 4:00 p.m. with music and fun.

The BBQ contest participants will start serving at 5:00. You'll want to have your wristband before that!

BBQ teams / sponsors:

Appliance Warehouse & BBQ Supply DRUMSMOKE BBQ / Brandon Phillips Realtor Team FREEDOM / Freedom Air & Plumbing Smokin' Armadillos BBQ / Marine Solutions of Florida



If you would like a commemorative t-shirt for this event! You may Pre-Order t-shirts at https://forms.gle/PJJgDJUi2mR6J3Xm9

Smokin' Dreams BBQ / Darkside Window Tinting, Inc.

TNT / BT's Welding

TOIR staff will be inside the spectator com-

pound to help you park in an order that will help fit many cars and make it much easier to exit after the fireworks show. There will be some spaces designated for handicap parking. Plan accordingly. Those spaces tend to fill up early.

No fireworks or alcohol are allowed on the plant property. You are encouraged to bring blankets or lawn chairs to sit on, insect repellent and sun block. It's Florida in July!

For more information on Thunder Over the Indian River, visit our Facebook site; PSJ Community Foundation (@psjcf); Instagram: psjstrong; or go to www.portstjohncommunityfoundation.com for the entire schedule.

There is no city to do our show and the county doesn't do fireworks shows. Thunder Over the Indian River is put on by the hard work of local volunteers and many fabulous sponsors, plus some generous donations. Thank you to all of our sponsors, especially Parrish Medical Center, Freedom Air and Heat, Higginbotham Companies, Inc. and HAPPENINGS for making our Independence Day celebration possible.

or current resident

Resident Brevard County, FL

PRSRT STD

PRINT NO. 53

PAID

PAID

PREMIT NO. 53

ECKM22



Advanced Robotic Surgery Right here. Close to home.

With the da Vinci® surgical system, your Robotic Surgery Care Partners perform complex, minimally invasive surgical procedures through tiny incisions.

- · Less pain and blood loss
- Shorter hospital stay and faster recovery



Visit parrishhealthcare.com/robotic-assisted surgery.

Amvets Post 2415 Schedule



7-5 Sons of Amvets 2415 General Membership Meeting -1st Wednesday of the month at 6 p.m. Commander Chuck Harrington, 321-208-7897.

7-13 Amvets 2415 Ladies Auxiliary General Membership Meeting - 2nd Thursday of the month at 6 p.m. President Theresa Nikki Anderson, 321-208-7897.

7-8 Bike Night! 3:00 - 7:00 on the 2nd Saturday of the month at the Post.

7-8 Amvets Riders Chapter 2415 General Membership Meeting- 2nd Saturday of the month at 10:30 a.m. President Craig Doan, 321-208-7897. **7-19 General Membership Meeting-** 3rd Wednesday of the month at 6 p.m.

Meat Shoot - 1st and 3rd Saturdays, 2-4 p.m. Karaoke every Friday with Bone, 6-10 p.m. Bingo Sundays 1-?

Post 2415 is located at 688 West Ave., (adjacent to Hwy. US 1), 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.

Trade In

Your outdated, overpriced Pre-Paid Funeral

* For a value priced one that suits your needs.

Funeral

5455 North U.S. - 1 - Cocoa

638-1373

See the "Family Owned" difference www.funeralsolutions.net

PSJ Community Center Schedule - July, 2023

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

3rd-Closed For July 4th Holiday

Summer Camp, 7 a.m.-6 p.m.

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

Tuesdays

4th-Closed For July 4th Holiday

Summer Camp, 7 a.m.-6 p.m. Seniors At Lunch, 10 a.m.-1 p.m.

Wednesdays

Summer Camp, 7 a.m.-6 p.m. Seniors At Lunch, 10 a.m.-1 p.m.

Thursdays

Summer Camp, 7 a.m.-6 p.m. Seniors At Lunch, 10 a.m. - 1 p.m.

Fridays

Summer Camp, 7 a.m.-6 p.m. Seniors At Lunch 10 a.m. - 1 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 Summer Camp:

Register online @ Registration.BrevardFL.gov GRADES: Completed Kindergarten through 6th CAMP DAYS: May 30 – August 9 CAMP HOURS: 7 a.m. – 6 p.m. CAMP PRICES:

\$95.35* for the week | \$31.79 for the day

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

\$5.65** (tax included) for Camp Shirts

- Discounts are available for those who qualify.
- * Field trips are additional cost.
- All camp fees must be paid in advance.
- Please bring a water bottle to camp every day.
- Bring lunch & snack daily unless otherwise stated.
- Dress appropriate for outside play.
- No flip-flops sandals, Crocs, slides or open toe shoes.

Returning in September:

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.

ABOUT KEL'S KITCHEN

Culinary Kids—A special program for the child who has a keen interest in all things culinary. The focus is on developing foundational skills to carry into your kitchen at home.

ABOUT DANCING LITTLE STARS

Dancing Little Stars- Professional Ballet, Tap and Hip-Hop classes for boys and girls, ages 2-7. Classes focus on rhythm, concentration, memory and balance... while having fun! Our full-scale dance recital is held at the end of the dance season in May.

ABOUT YOGA with Diane

Relax, rejuvenate, and enjoy yoga that meets you where you are! Appropriate for beginners, all body types with alternatives offered to accommodate physical conditions.

Farmer Painting



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

"Continuing the quality tradition of Hewey Farmer"

(321) 302-6732



Titusville Playhouse 59th Season

New and exciting news coming to you from the Titusville Playhouse in the next coming weeks. Looking for the 59th Playhouse season schedule or the new Shuler Stage schedule? It's still under construction, but you can get a clue here and on the website, https://titusvilleplayhouse.com/.

The Titusville Playhouse, Inc. is located within speaker at 12:15. the Historic Emma Parrish Theatre 301 Julia St., (corner of Hopkins Ave. - US1 southbound), pro-

viding professional quality entertainment on the Space Coast. The MainStage theatre includes a 150 seat orchestra section and a 124 seat Balcony Section. The Shuler Stage is an open air stage at 301 Julia St. Seating is first come. There is no reserved seating.

Great shows are coming for the new season! Season tickets are on sale now by calling the office at 321-268-1125. All individual tickets will be available here mid-June. Stay tuned!

Parks & Recreation Meeting



The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, July 13th, 2023 at 4:00 p.m.

The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend. The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center–North.

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

National Active and Retired Federal Employees Assn.

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. The July meeting will be on the 10th at 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.



PSJ residents only new customers only restrictions apply

Licensed & insured

Over 20 years in business

PH# 321-302-3311 lawnranger32927@yahoo.com



JONES
OWNERS

728 West AveCocoa, FL 32927 in the West Plaza in Port St John

cecilia@ashippingdepot.com

321-632-8681

Fax 321-632-3759

UPS Authorized Shipping Outlet









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

Alr&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

\$59.00 SERVICE CALL 1st Time Customers Port St. John Only

Ask About Our Monthly Specials & Air Quality Products





\$89 Preventive Maintenance **PSJ CUSTOMERS ONLY. Cannot be combined w/ other coupons. Must be presented at time of scheduling.

Port St. John Customers Receive a \$50 Beef

Receive a \$50 Beef O'Brady's Gift Card with new install

TEMPSTA?

Cooling & Heating Products

Quality you can feel.



Air Conditioning & Heating





321-631-6424





Good Day!

~ by Maureen Rupe

Florida's "Right to Clean and Healthy Water" **Amendment**

The work we are doing on the Indian River Lagoon due to the continuing deterioration led to us putting in the Save Our Indian River Lagoon Program, created with a ½ cent sales tax that Brevard County residents voted to impose on ourselves in 2016. We were so concerned we voted for a self-imposed tax that passed in every precinct in the county. But this is becoming an uphill fight to clean the Indian River Lagoon. The state, our county, and cities are in overdrive pushing development that has created additional run-off, and our Florida government keeps passing legislation that hinders our work to protect the lagoon.

I was representing District 1 during the 2015/2016 Charter Review Commission. There are 15 people making up the review commission. I proposed an amendment for ballot that stated the "People's Right to Clean Water and Unpolluted Air." I could see what was happening and the dire straits of a degraded system and its effects on our economy and our quality of life. Not one person on the panel except for myself voted for the amendment to go forward, so it never went to ballot.

A good friend of mine wrote the following Opinion Editorial on what we can do to save our quality of life. This is a life and death issue for human and marine animals and the environment. I am reprinting it here in its entirety:

"A constitutional right to clean water can save our Indian River Lagoon

It would take every page of this publication to explore all the assaults to our Indian River Lagoon. Green and brown algal blooms, 46,000 acres of lost sea grass, municipal sewage leaks, septic tank releases, unusual mortality events like 1901 dead manatees in the last two years, and failing report cards overall. If you have been in Brevard for five years, you know the Lagoon is in trouble. If you've been here longer, you know it is dying.

How did the Lagoon collapse with all the state regulations, county and city fertilizer ordinances, best management practices on agriculture, storm water ponds, and sewer treatment plants? Because there are no teeth in the rules and no political will to enforce them. If those flaws seem designed to make the rules and regulations fail, then you have a good grasp of the problem.

Our state agencies that we depend on to protect roots volunteer group. us and our waters make excuses and look the other way. We don't need another study; we need action. How about something positive for this 156-mile estuary of national significance? How about a quick and simple way to help all the waters of Florida and the people and all the creatures that depend on healthy ecosystems, including us?

There is an Amendment that would hold the state accountable for, and stop the damage done to, our waters; the waters we swim, paddle, sail, jet ski, boat, fish, hunt and recreate in, and cherish. The Right to Clean and Healthy Waters Constitutional Amendment is the game changer that is needed. It would give every Floridian the Right to Clean Water and standing in a court of law to protect our waters.

It will take 891,000 signed petitions from registered voters just to get it on the 2024 ballot. But that is approximately one signed petition for each acre of Florida estuary contaminated with fecal coliform bacteria. What more incentive do we need? Clean Water State. How? Become a Clean Water Ambassador. Go to Floridarighttocleanwater.org to sign the petition, and to join or donate to this grassroots volunteer group. Print extras for friends and neighbors to sign. Do it for the Lagoon, and for all of us. - Jim Durocher [end article]"

Jim Durocher is a Coastal Master Naturalist, 40+ years paddling the IRL, and EC Region Director RTCW Campaign.

The FL Legislature sent 62 bills to Gov. De-Santis' desk for signature. This is the status of the ones that may be questioned by some in the state.

Please go to https://www.floridarighttocleanwater.org/ and sign the petition and print it and send it in. If you have trouble, notify me (see my email below) and I will make sure you get a copy. It is so important and you will be glad you did. This constitutional amendment protects our right to clean and healthy waters, whether it's just having safe drinking water available, or being able to walk along your favorite shoreline, this amendment gives Floridians the ability to protect ourselves, our families and our decendents from this useless government permitted impairment.

Besides signing the petition, we need everyone to become an ambassador for our waters. Talk to

your neighbors and join, or donate to this grass-

The Florida Supreme Court in its Florida Wildlife Federation V. State Decision in 1980, 403.412(2)(a) "the Citizens of Florida have been given the capacity to protect their rights to a clean environment, a right not previously afforded them directly."

Reference:

https://www.floridarighttocleanwater.org/

Florida Right to Clean Water:

The following was written by the FloridaRight-ToCleanWater.ORG and is reprinted here:

"Although considerable attention has been given to protect and conserve waters in the state, including Article II, Section 7of this Constitution and a comprehensive body of state environmental laws and regulations, such attention has not corrected the continuing decline in the conditions of waters in the state."

Excerpt from the proposed amendment, "Right to Clean and Healthy Waters."

1. Florida is #1 for most acreage of lakes We can create our own future and make Florida the too polluted to swim in or support aquatic life.

Florida's estuaries are also ranked 2nd in the nation for most impaired. Environmental Integrity Project – "The Clean Water Act of 50" (Mar 17, 2022)

2. About 80% of Florida's 1,000 springs are impaired due to excessive nitrogen.

Elevated nitrate levels in drinking water have negative impacts on human health (reduced blood oxygen, certain cancers, birth defects, etc.). "Analyzing Nitrates in North Florida's Drinking Water" (Oct 23, 2018)

3. Human impact has reduced the flow of Florida's 1,000 springs by one third. During dry years...hundreds of springs stop flowing entirely and many reverse flows, allowing tannic and salty surface waters to enter...the Floridan Aquifer. "Not One Drop More" (Aug 27, 2019)

4. It would take 217 years to achieve OFS water quality goals.

Ryan Smart, Executive Director, Florida Springs Council - Funding Report of the 2021-2022 springs protects proposed for funding by water management districts.

5. Red tide has exploded in frequency.

Based on a timeline of red tide from 1878 to 1994, there have been recorded 64 months of red time (4.6% of the time). Over the last 29 years, there have been 200 months of red time (58% of the time). That's a 1,160.9% increase.

6. The impacts of red tide and blue-green algae blooms on local economies grow.

In one study of red tide events of 2017-2019, for example, surveys showed a 36%-61% decrease in sales revenue for charting/marine recreation businesses.

7. There are nearly a million acres of coastal estuaries and 9,000 miles of rivers and streams impaired with fecal bacteria.

Verified by the FL DEP Fecal Bacteria may be in the Water where you're swimming..." (Feb 1, 2022)

8. **800** manatees starved to death last year, after 1,100 the year before. Starvation due to pollution-fueled seagrass loss continues to linger as a major issue for Florida manatees. Citing Florida Fish and Wildlife

Conservation Commission preliminary data results. Jan 11, 2023)

9. Coral is dying off the coast of Florida.

"Land-based sources of pollution are known to affect coral growth and reproduction, have been linked with increased coral disease and bleaching, and contribute to coral reef ecosystem decline in Southeast Florida." FloridasCoralReef.org

10. The health effects of more frequent blue-green algae blooms are disastrous.

Studies show "people who live next to waterbodies with frequent toxic algae blooms have a 25% greater risk of developing ALS." Brain Chemistry Labs (Feb 26, 2020)

11. The dangerous effects of polluted waters also hurt our drinking water & food supply.

Depending on how much you're exposed to cyanobacteria (in certain blue-green algae blooms), "microcystins can cause liver and kidney damage when consumed." FDA

12. Neither Floridians nor visitors trust our waters anymore, for good reason.

Story after story after story after story, people are getting hurt from the simple act of entering Florida's waters, to include Florida's beautiful beaches.

Brightline goes into Development Business besides Transportation

In order to get around a Cocoa City Ordinance, Brightline is going into the development business. The City of Cocoa does not allow man-made lakes unless a subdivision is built. Brightline intended to create a lake for the dirt and sand needed for their rail line, so now they are building a subdivision of around 380 homes off Grissom Pkwy.

I am getting very concerned on all these man-made lakes. There are a number of issues that make man-made lakes risky in Florida. Top reason: During hurricanes or heavy rain events, they either flood the properties surrounding the lake, causing devastation, or will run off into the nearest water body; which for Brevard is either the St. John's River or the Indian River Lagoon.

Brightline has also paid \$38 million for property near the Space Coast Airport (TICO). Brightline is not saying anything about its planned purpose.

~ Maureen Rupe rupe32927@gmail.com

This is a link to the contact list from Florida's League of Women Voters. It gives links to the Florida Governor, Senate, House of Representatives, and the United States Senate and House of Representatives.

If you wish to contact our representatives on any issue in this article or any other article in HAPPENINGS, this will help you:

https://lwvfl.org/floridagovernment/

HAPPENINGS Lite

As we go to press this month, Tropical Storm Brett has formed in the Atlantic Ocean and is headed in our general direction. By the time this reaches your mailbox, it should be a hurricane and the track should be much better defined and it may or may not come our way. It will also be too late to write if it will hit Port St. John as two hurricanes did last year.

For this issue, more helpful storm tips are included courtesy of Brevard County Fire Rescue. It won't be any help for Brett, but there's another system close behind it and probably many more during the hurricane season.

For future, a digital Happenings has been produced every Friday since the COVID pandemic began to affect Brevard County. You can read the last 4 issues any time at www.happenings.net. They will include more recent news and events that occur after the magazine goes to the printer 10 days before the 1st of the issue month. If you would like to be added to the email list so it comes to you every Friday, send an email to happenings1@att.net and let me know what email address you would like to receive it at.



Brevard County Fire Rescue Hurricane Tips

Brevard County Fire Rescue offers the following safety tips to ensure that your family is prepared before a hurricane strikes and 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, nonperishable food and medications to last several days.

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.

Obtain a NOAA Weather radio and monitor local weather forecasts.

During a storm:

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

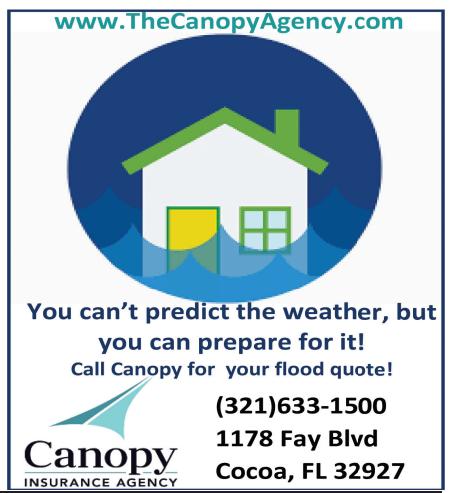
If flooding threatens your home, turn off electricity at the main breaker.

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 and wind, and a multitude of other hazards exist.

After a storm:

Do not touch fallen or low-hanging wires of any kind under any circumstances. Do not operate charcoal grills, camping stoves or generators indoors.





Looking for Medicare or dual-eligible options? I'd like to help.

CarePlus offers Medicare Advantage plans including Dual Eligible Special Needs Plans (D-SNPs).



Call me today. **Louise Brown** 321-482-6283 (TTY: 711) Licensed Independent Sales Agent BrownLouiseValerie@gmail.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







Mad Science Saturdays Presents



Registration is now open for the July MAD Science classes. In July at M.A.D. Science, Professor Darin will be discussing The Power of Air. We will be demonstrating the power of high pressure and the power of a vacuum, and how air pressure effects solid objects. We will make sand into a liquid, make a "Rice Crispy Fountain," and students will get to build an "Air Cannon."

These FREE classes are offered on each of the listed dates at 10:00, 12:00, and 2:00. 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. It will be lots of fun, as well as educational and it's FREE.

If you have a group of 9 or more, please contact Professor Darin to schedule private MAD Science class times.

Classes are sponsored in part by the State of Florida, Department of State, Division of Arts and Culture, the Florida Council on Arts and Culture, and the National Endowment for the Arts.

For more information, please contact the American Space Museum at 321-264-0434 or write info@americanspacemuseum.org.. The address of the museum is 308 Pine Street, Titusville. American Space Museum & U.S. Space Walk of Fame Foundation is a non-profit, charitable organization. The museum is open for public tours Monday through Saturday 10 to 5.

How do you reach 13,000 homes in Port St. John & Canaveral Groves?
Happenings has prices for every budget.
Call Randy at 321-633-7499



Emergency Service From the Kings of Cool



"With Freedom
Comes Choices.
Make the Right One..."

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 7-31-2023. 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 7-31-2023 Get \$50
VISA Gift
Card!
with a New
Water Heater

With purchase of any new system. Not valid with any other offers. Expires 7-31- 2023





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

Rose's Room

~ Rose Padrick



Our Independence Has To Be Appreciated

The bumper sticker reads; If you are ABLE to read this - thank a teacher...If you are AL-LOWED to read this – thank a military person.

When my husband joined the Army, I thought I knew what it was like to have no control over what a loved one does or where they go. But it wasn't until years later when my own child made the decision to join the military that I truly understood the feeling of total helplessness over their situations.

The first was seemingly born with the gift of analytical thinking, so it didn't surprise me when she explained she had come to the conclusion the Marines was offering her the chance to serve to the best of her abilities and give her the education benefits she would need. She even handled her mother's hysterics when the day came for her to actually get on the bus exceedingly well.

My baby boy was the next to join up a few years after his sister. His decision was also based on which branch he would be able to use his skills to their fullest. (And an informal survey as to which uniform girls found most attractive... Navy won). He handled Mom's tears fairly well also.

Now two grandchildren have made the decision to look to the military for a chance to serve their country and develop skills they will use all of their lives. Family gatherings get real interesting when everything from who washes the dishes to who won at Monopoly includes conversations - using the term very loosely - on Swabs, Jarheads, Mud Stompers and Fly Boys. But all is said with love and ends in hugs – sort of.

So this Independence Day, as in years past, various generations of my family will be flying various military flags, but all will be flying Old

Glory. Please join us in showing pride in our counalleged involvement in forming the Declaration try and way of life that allows us to join whatever we want and be proud of it. Fly your flags high and wide.

A recent conversation left me so pleased to hear an 8 year old refer to the holiday as Independence Day, as opposed to the 4th of July or Firecracker Day, I overlooked the reason he was doing so, (his father told him to ask me to help him understand the whole concept because I may have helped organize it.)

After assuring the child that while I would have been proud to have done so, if I were that old I would not be capable of babysitting so said father could go to a movie in peace. (And making a mental note to remind said father of that fact and a few others.) Then I attempted to reduce the whole independence thing to a story that an 8-year-old mind and attention span could comprehend.

He was mildly interested in the landing at Plymouth Rock and the first Thanksgiving. The Boston Tea Party did not impress him. His comment was, "Throwing away something they really liked (tea) because they had to do something they didn't like (pay taxes) and getting nothing for it would be like me throwing away something I really like - ice cream - because I have to do something I don't like - clean my room - and not get anything for it.

I was unsuccessful at disputing that logic by pointing out they were trying to get representation.

He stopped me once again at the Declaration of Independence. I had explained the King and Queen were kind of like a mother and father trying to keep their children safe, but didn't understand the children were able to do it themselves.

I could see his little mind turning at full speed when he asked, "You mean the columnists (he meant colonists and I should have corrected him, but I like the association) wrote a letter (The Declaration) to the King and Queen (Mom and Dad), then they fought about it for awhile and then the kids did what they wanted and never had to clean their rooms or play with their little brothers again?"

I assured him it was something like that.

I'm not exactly sure what the kid has up his sleeve, but I'm betting I will be receiving a phone call from his father.

I think I'll take that opportunity to discuss my

of Independence.

Have a wonderful and safe holiday!

EmpowerU Course At Friends of the Enchanted Forest

Are you concerned about natural resource issues and feel compelled to do more? Then register for the UF/IFAS Extension EmpowerU course and learn how to influence natural resource management decisions, engage with decision-makers, and make a difference! EmpowerU is a 6-week course (July 17- August 25), where participants work through 8 hours of self-paced online learning activities and live workshops (3 via Zoom and one in-person). During the course, participants will:

- Gain an understanding of the roles and levels of government and who to contact regarding natural resource management.
- Learn to use influence, power, persuasion, framing, questioning, and listening skills in interactions with decision-makers.
- Know where to find reputable information on the status of invasive species and other natural resource issues in your area.
- Create an engagement plan and experience practicing it in a safe, peer-learning environment.
- See yourself as a resource to decision-makers on natural resources management.
- View engagement with decision-makers as a norm and encourage others to do it.
- Network with others passionate about making a difference in natural resource management.

UF/IFAS Extension - Brevard County 3695 Lake Drive Cocoa, The cost of the course is \$95.00. Classes will be held at UF/IFAS Extension, 3695 Lake Dr., Cocoa. To register, visit https://loom.ly/Ont6Wmg.

For more information, contact Angelika Keene, UF/IFAS Extension, at angelika.keene@ ufl.edu.

The Enchanted Forest is located just north of Port St. John at 444 Columbia Blvd., Titusville. The Friends of the Enchanted Forest can be reached at FriendsEFS@gmail.com or you can visit their website at EnchantedForestFriends. org.

Thunder Over The Indian River

Saturday July 1st- Gates Open at 4

and volunteers making this community event possible. If you would like to volunteer for Thunder Over The Indian River, we would love for you to join nityfoundation.com/PORTSTJONOPOLY/ to reserve your property! us! Visit https://portstjohncommunityfoundation.com/.

and to The Four Communities Fire Department, who has helped us Bring we are ready to start running again! We are looking for a date in March The Thunder for almost 28 years!

Hidden Acres Rescue for Thoroughbreds/HART-HART works hand-inhand with partners in the horse racing industry to provide a safe place for former racehorses to rest, rehabilitate and retrain for new careers.

Space Coast Basket Brigade - The Space Coast Basket Brigade fed over Rockledge, Merritt Island, and Cocoa Beach. 3,500 families in Brevard last year. Port St. John was included in those numbers and in other events they bring to the Brevard community.

Amvets Post 2415 PSJ Family - Amvets exists to enhance the quality of munity. life for all veterans, their families and survivors. Membership in Amvets is open to anyone who honorably served, or is currently serving in the U.S. armed forces, including the National Guard and Reserves.

Food Vendors and Concessionaires Line-Up! There may still be time for you to join the party.

FOOD VENDORS

Bangkok Style Thai Food **Beach Bums Sweet Treats** Country Kettler's Korn Funnel Cake Stop Gran Arepa Kona Ice Matt's Amazing Italian Ice Nino's Cotton Candy **Notorious Pig** Pop's Chicago Style Eats RineBoi Churrasco Grill Rocket Dawgs Wingking Miami Style Space Coast Gourmet Tater Tots

CONCESSIONAIRES

AMVETS Post 2415 PSJ Bountiful Balloons LLC Bowman's Bowtique Cosmic Harmony Couch Tomato Soap Farm Fresh Aesthetic Clay & Resin Designs by Manda Four Communities Fire Department Hidden Acres Rescue for Thoroughbreds – HART LazeNgrave PSJ Blackbelt Academy Southern Flare Connection Space Coast Basket Brigade

BBQ teams / sponsors

Space Coast Face Painting

Appliance Warehouse & BBQ Supply DRUMSMOKE BBQ / Brandon Phillips Realtor Team FREEDOM / Freedom Air & Plumbing Smokin' Armadillos BBQ / Marine Solutions of Florida Smokin' Dreams BBQ / Darkside Window Tinting, Inc. TNT / BT's Welding

If you would like a commemorative t-shirt for this event! You may preorder this years t-shirts below.

https://forms.gle/PJJgDJUi2mR6J3Xm9

If you would lilke to be part of making our community better and more fun, here are some great community projects. Visit our website and add your dion as a multi-cultural musical instrument in Central Florida. For more name to these committees!

PORTSTJONOPOLY - PSJ businesses can purchase spots on the board and when manufactured, the games can be purchased to add revenue for TOIR has arrived. Thanks to our generous sponsors, vendors, businesses all the events held presently and in the future for our community. We are currently selling properties for the game. Visit https://portstjohncommu-

Thunder Fun Run 5-k - We are in the planning stages for the Thunder A Special Shout-Out to our non-profit partners joining us for TOIR 2023 Fun Run 5-k. We started before the pandemic and had to put it off, but of next year so we have plenty of time to plan. Kathy Camick has some expert experience in this area and has graciously agreed to help.

> We are also researching to have a Welcome to Port St. John Sign as you enter our community, to be placed on US1. Like the signs in Cocoa,

> Another thought is to bring back the Christmas Decorations on Fay Boulevard. This is dependent on the interest and participation of the com-

Have an idea? We would love to hear from you.

Join us as a Sponsor or Member/Volunteer for our next event! Visit our website for SPONSOR INFORMATION!

If you own a storefront or home business in Port St. John and would like to be added to our business directory on our website, just email us at PSJCommunityFoundation@gmail.com. There is no cost and we would like to include you. If you do not find your business listed here, just let us know: https://portstjohncommunityfoundation.com/directory.html.

The Port St. John Community Foundation encourages residents and storefront/home business owners to attend PSJCF Meetings. Meetings are posted on our Facebook page and are usually held at the PSJ Beef O' Brady's.

All members/volunteers donate their time and services to help raise money through fundraisers to hold community events and keep our community STRONG! It does not cost anything to join as a volunteer/member.

To read more about the Port St. John Community Foundation and future planned community events, visit our website. portstjohncommunityfoundation.com

Events by the Port St. John Community Foundation could not be carried out without the donations of time, money, supplies and resources of this community and the surrounding areas. We appreciate and thank all the volunteers, businesses, partners and sponsors for participating in these community events.

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 dedicated to promoting the visibility and value of the accorinformation, contact Rod Hall, 866-455-2322.

The Foundation for Random Acts of Kindness Starts 13 Life/Education Funds For Our Local Children

























On May 21st, The Foundation for Random Acts of Kindness held its 3rd Annual Golf Outing Fundraiser. With the help of sponsors, golfers, volunteers, family and friends they raised over \$30,000. With the money raised, they started 13 life/education funds for our local children. Please join us in congratulating the following kids: Halle, Collin, Dustin, Daniel, Delaney, Ezra, Jacob, Greyson, Caiden, Charlie, Lucas, Zayne and Raelyn.



"We started a program with Enterprise Elementary School, with the help of Mrs. Jobe Woltman to start investing now in the kid's future. We open up investment accounts and try to teach basic stock market finance. We had tremendous help from our sponsors, golfers and volunteers to raise more money than last year. In two years we have started 43 life/education funds," said Nickhil Patel, Vice President of The Foundation for

The Foundation for Random Acts of Kindness takes every dollar donated to start a life/education fund. They have zero salaried employees and are fully transparent. If you want to support a small local non-profit, you can donate through Facebook birthdays, their website, or support their sponsors. A listing is provided on their website at www.foundationforrak.org.

Random Acts of Kindness.

Raymond James Financial Services, Inc.

Individual solutions from independent advisors

Patrick J. Coyne, MBA Financial Planner 321-452-0061

Investment & Insurance Strategies Retirement Planning

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

patrick.coyne@raymondjames.com www.raymondjames.com/patrickcoyne

"We want to take a proactive stance on investing in the children's future. The parents are amazing people and are doing a great job raising their children. With Mrs. Woltman's help, we have a plan in place and look forward to the future!" - Nickhil Patel.

Sam Patel Foundation for Random Acts of Kindness 321-698-3668 www.foundationforrak.org foundationforrak@gmail.com

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/ Couples Ballroom Dances on Saturday, July 8th and Saturday, July 22nd. 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. and ends at 10:00 p.m. There will be free snacks. BYOB. Adults of all ages are welcome.

The cost is \$8; \$7 for members.

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

Monthly Tax Update

This month, I'm providing information from the Internal Revenue Service Center on how an Identity Protection PIN will help shield you from tax-related identity theft from Tax Tip 2023-70. Your participation in this program will provide you a six-digit number to prove your identity when a tax return is filed by you or your tax preparer. The IRS's Identity Protection PIN is an added layer of security and is the number one security tool currently available.

The PIN is available by going to IRS.gov and searching the website for "PIN." There will be a new pop-up screen and you'll see, "Get an Identity Protection PIN." If you have a Social Security Number or individual taxpayer identification number, you'll be able to request an Identity Protection PIN online.

You'll need to review the identity verification requirements before you try to use the tool. Be advised the IP PIN is valid for only one year. Therefore, each year you will receive a new IP PIN. Some will receive it through the mail or you'll have to log into the "Get an IP PIN" tool to see your current IP PIN. You'll also use your annual PIN to file current year tax returns and any prior or amended tax returns submitted during the year electronically. Be advised, IRS will never call, email or text a request for your IP PIN and you should share your PIN only with an IRS agent or your tax preparer.

Sometimes, some fail to validate their identity online and you'll have to file the Form 15227, Application for an Identity Protection Personal Identification Number. Once IRS receives the form, a representative will call you at the phone number you provided to validate your identity. Once verified, you'll get an IP PIN in the mail,

Lawns By Doug 321-544-2183 One Licensed Time and or Insured **Every Time** NO CONTRACTS!

usually within four to six weeks.

If this fails, you'll have to file the Form 15227 by making an appointment at the Taxpayer Assistance Center in Melbourne, FL for face-to-face verification. You'll need to bring one current and specific assistance in applying the general government-issued picture ID and another picture ID to prove your identity. Once verified, you'll get your IP PIN in the mail, usually within three weeks. Again, this was a restatement of IRS Tax Tip 2023-70.

On a short note, did you know the Internal Revenue Service has an Interactive Tax Assistant? Go to irs.gov and you'll see an icon, "Get Answers to Your Tax Questions." Click on the icon and the next screen will provide you an opportunity to enter your question and utilize the Interactive Tax Assistance Search method. Also, if you scroll down, there are a number of questions already reflected for immediate explanation of many questions.

If you're in doubt, it's better for you to review your concern here or give your tax professional a call. Doing it right the first time is better than having to redo it a second time.

Last, I hope everyone enjoyed the 4th of July fireworks, Thunder Over the Indian River!!! We appreciate the opportunity to be a prime sponsor and I want to thank the Port St. John Community

Foundation, Inc. members for their efforts making our community one of the best to live in. Be sure to let them know!

This is a very brief overview. Additional details information in this article may be obtained by contacting your tax professional or our office. Provided by Tracey C. Higginbotham, E.A., (321) 632-5726, a member of the National Society of Accountants.

Experimental Aircraft Meeting

Experimental Aircraft Association Chapter 724 holds regular scheduled gatherings for fun and fellowship on the 2nd Wednesday of each month - July 12th this month - at 7:00 p.m. 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.

For more information, call 321-514-9456, email watersdwayne@yahoo.com, or visit the website at www.eaa724.org.



Florida's 2023-24 Budget

The new 2023-24 budget includes raises for state employees, money for the state's response to last year's hurricanes, a variety of education programs, millions to address the state's affordable housing crisis and additional billions of dollars in the state's rainy day fund.

The total budget is almost \$117 billion. It marks an almost \$5 billion increase from last year's budget. It consists of \$46.5 billion from general revenue and \$70.5 billion from trust funds, increases of \$2.8 billion and \$2.2 billion respectively. Federal funding makes up an average of one-third of state budgets. It includes:

\$10.9 billion will be held in reserves. That's \$2 billion more than last year. Of that, \$5.3 billion is unused from the General Revenue Fund, \$4.1 billion is going to the budget stabilization fund or "rainy day fund," and \$1.4 billion is going to the Emergency Preparedness and Response fund.

The education budget is \$27.9 billion.

The Department of Environmental Protection \$4.9 billion, a \$700 million bump from last year. Major appropriations include over \$570 million for Everglades restoration projects, \$1 billion for water quality improvements, and \$300 million for the state's sea level rise and flooding program.

\$3.7 billion is budgeted for hurricane relief.

\$711 million for the Live Local Act, a bill that allows over \$600 million to affordable housing programs and \$100 million to Florida's Hometown Heroes program. The funding comes as Florida is in the middle of an affordable housing crisis.

\$400.7 million for local transportation initiatives to fund road renovations and other transportation projects at the municipal level.

\$107.5 million - for the Florida State Guard.

\$25 million - for New College of Florida operational enhancement

\$80 million - for Visit Florida

\$112.9 million - for internet access to improve internet access across the state. Aside from the budgeted amount, the office received a grant for \$247.8 million from the U.S. Treasury for the Capital Projects Fund Broadband Infrastructure Program late last year.

\$3.5 million - for the statewide emergency alert and notification system.

More than 100 projects focused on Brevard

County made it into the proposed state budget for safety concerns 2023-24 in the \$116.5 billion budget the governor signed on June 15th. Brevard received money for the Indian River Lagoon, as well as over \$5 million for septic-to-sewer conversion.

aquarium project was vetoed. Here are some of the Brevard projects that made the final budget:

Florida Institute of Technology's Aerospace Cybersecurity Engineering Development program received \$5 million in state grants for a program designed to accelerate the education and development of engineering students skilled in cyber engineering for industry and government, and their Biomedical Aerospace Manufacturing program received \$2 million.

Eastern Florida State College (EFSC) received \$3.6 million for its Advanced Technologies Center. The Center will provide students with the skills needed for local industry, particularly in manufacturing and aerospace.

\$3.8 million for Brevard Adult and Community Education for a commercial driver's license training facility.

\$1.1 million for the Cocoa Beach High School Ecology Restoration Program.

\$300,000 for a new robotics lab at Edgewood Jr./Sr. High School that will be open to all regional robotics teams.

\$200,000 for Eau Gallie High School to buy a used Piper Arrow plane for its aerospace/aircraft training program.

\$199,118 for a robotics lab at Palm Bay Academy Middle School.

\$2.5 million for the Florida State Tribute at the U.S. Law Enforcement Eternal Flame Park and the Florida Law Enforcement Education Initiative at the American Police Hall of Fame in Titusville.

\$1 million for Brevard County Veterans Center amphitheater project on Merritt Island.

\$400,000 for Titusville Playhouse Performing Arts Center.

\$101,358 for The Titusville Playhouse, Inc.

\$101,140 for the East Coast Zoological Society of Florida, Inc., which operates the Brevard Zoo.

\$93,551 for the Historic Cocoa Village Playhouse, Inc.

\$5.5 million for an addition and expansion of the Moore Justice Center in Viera to address inadequacy in the number of courtrooms and

\$1.6 million to Circles of Care for expansion of its women's substance use disorder residential treatment facility.

\$1.02 million to Canaveral Fire Rescue for The \$2 million request for Brevard Zoo's replacement of its aerial tower truck.

> \$975,000 to Who We Play For, designated for sudden cardiac arrest prevention initiatives.

> \$1.25 million for Bicentennial Park project designed to improve water quality in the Banana River between State Road 528 and Pineda Cswy.

> \$1 million for gravity sewer rehabilitation work.

Arts & Paws with a Sip

Hosted by Tails at the Barkery, join Furever Home Animal Rescue, Inc., at "Arts & Paws with a Sip" on Saturday, July 22nd at REC 225, 225 King Street in Historic Cocoa Village from noon to 3:00 p.m.

Looking for that perfect gift for a special someone in your life or even for yourself? Choose between four pet-themed Diamond Art kits that you want to create. You will be guided step-bystep through the session by Teresa from My Favorite Treasures, a quaint shop in Historic Cocoa Village that sells vintage and antique collectibles from Estate Sales.

The session costs \$20.00, which includes your Diamond Art kit choice, personal instruction, a Mimosa and an array of finger foods.

Proceeds will be donated to Furever Home Animal Rescue, Inc., a nonprofit organization located in Titusville, Florida, and run entirely by volunteers. Their mission is to help homeless and neglected animals find new, loving homes while striving to educate and inform the community about responsible animal ownership.

Visit Tails at the Barkery, 14 Oleander Street, Cocoa Village, to reserve your spot and choose which Diamond Art kit you'd like to create. Reservation and payment due by Wednesday, July 19th.

For more information, call Tails at the Barkery at (321) 305-4584.

How do you reach 13,000 homes in | Port St. John & Canaveral Groves? |

Happenings has prices for every budget. Call Randy at 321-633-7499 We take VISA & MasterCard



Parrish Healthcare Community Support Groups - July

Parrish Healthcare offers a variety of support groups as a free service to the community. The July 2023 schedule is as follows:

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, Monday, July 3, 10, 17, 24, 10-11 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville

For additional information and to register, visit parrishhealthcare.com/Moms.

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, July 3, 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.

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, July 5, 12-11 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's Caring for Caregivers Support Group

Care giving is a rewarding, yet demanding

Parrish Healthcare labor of love. Join us to learn how to care for yourself while you care for your loved one.

- When: Thursdays, July 6 and 20, 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

Early Steps Community Play Date

A special play date for children five and under and their parent(s)/guardian(s).

- When: Wednesday, July 19, 9-10:30 a.m.
- Where: The Children's Center, 5650 S. Washington Ave., Titusville
- Facilitated by Mary Cancel, Family Resource Specialist
- For additional information visit parrishhealth-care.com/Early Steps.

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, July 18, 2-4:00 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/StrokeandHeartSupport.

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, July 19, 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/CancerSupportGroup.

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: Monday, July 10, 6-8 p.m.
- Where: Manatee Conference Room, 5005 Port St. John Pkwy., Port St. John
- Facilitated by Michele Roberge, RT(R), RPSGT
- To register, please visit www.parrishhealthcare. com/SleepSupport.

For more information about available classes, support groups and events, visit parrishhealthcare. com/events.

Tools to Quit Smoking Now

We know quitting tobacco isn't easy, but finding help should be. Parrish Healthcare has partnered with Tobacco Free Florida to offer this free class which equips those who use tobacco with tools and services to quit.

- When: Tuesday, July 25, 5:30-7:30 p.m.
- Where: Parrish Medical Center, 951 N. Washington Ave., Titusville
- For more information and to register, visit parrishhealthcare.com/quitsmoking.

For more information about available classes, support groups and events, visit parrishhealthcare. com/events.

Post 359 - American Legion Riders presents Bike Days at the Tiki



Saturday, July 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.

More Independence Day Events

36th Annual City of Rockledge Independence Day Picnic - Tuesday, July 4, 10:00 a.m. - 2:00 p.m. at McLarty Park, 790 Barton Boulevard, Rockledge. Entry is FREE.

Enjoy a hamburger or hot dog, chips and a drink for just \$1.00 - it's still the best deal around! This longstanding community event features fun activities, games, music and more! We'll see you there!

Get more information on Facebook/Events.

The 4th of July Party Cruise

Tuesday, July 4, 7:00 - 10:00 p.m., departing Cocoa Village Marina, 90 Delannoy Avenue, Cocoa. Adult price is \$79.00.

We're celebrating the 4th of July once again here on the Queen! Come party down the river with us while the sun sets and enjoy the fireworks boat-



side while the city of Cocoa puts on a show! It's going to be a good one!! Boarding 7:00 p.m. Return to the dock following the fireworks around 10:00 p.m. Parking is limited. Park in the village and walk over if onsite parking is full. Featuring the FLORIDUH PARTY BAND and Cryderman's Barbecue Buffet with pulled pork, smoked turkey breast and all the fixin's.

Red, White & Boom 2023

Tuesday, July 4, 7:00 - 10:00 p.m. at Chain of Lakes Park, 2300 Truman Scarborough Way, Titusville. Admission is Free!

Join us for the 4th of July for Red, White & Boom! There is plenty of space for family picnics! Enjoy vendors, fun activities, and a DJ! A pyrotechnic display will be at 9:15 p.m.

For more information, visit https://members.titusville.org/events/.

Great American Celebration 4th of July Fireworks in Viera Tuesday July 4, 9:00 p.m.

Location: Viera Community Institute, just east of the USSSA Space Coast Complex. or watch on Facebook LIVE. Admission is FREE.

Plan for fireworks in Viera on Tuesday, July 4th in honor of the Great American Celebration! Promptly at 9:00 p.m., (weather permitting), look for the vibrant display of lights filling the night sky just east of the USSSA Space Coast Complex in Viera.

For more information, visit http://vieracommunityinstitute.com/great-american-celebration/.

Magic and Dog Show

Does your dog know tricks? Attend the most adorable event of the year on Saturday, July 15th at 4:00 p.m. at Magic Dove Magic Shop in Historic Cocoa Village and help raise money for Schnauzer Love Rescue, Inc.

Your dog could be the 2023 Magic Dove Dog of the Year! Enter your dog in a friendly dog competition and show off your dog's tricks and skills. Each dog performance will have three minutes on the Magic Dove stage. Trophies will be given for 1st, 2nd and 3rd places.

Award winning magician Marvelous Megan and her talented friends will entertain you with magic acts in between the dog performances.

In addition, Tails at the Barkery, specializing in fresh baked treats, tail bites and designer wear, will be providing gift basket prizes to each of the winners.

Tickets to attend the Magic and Dog Show are \$20 per person. You can register your dog to perform for an additional \$5. All performances must pre-register. Register in person at Magic Dove Magic Shop or call them at (321) 433-1130.

Other fundraising opportunities will be available at the event.

Proceeds will go to benefit Schnauzer Love Rescue, Inc., an all-volunteer, nonprofit rescue devoted to finding homes for all Miniature Schnauzers who are unwanted or have been abandoned.

All pets must be on a leash, or in appropriate carriers, and have current vaccinations and county tags for the safety of our animals and friends.

For more information, contact:

Schnauzer Love Rescue, Inc., www.schnauzerloverescue.net/ or; Tails at the Barkery, (321) 305-4584 or;

Magic Dove Magic Shop, (321) 433-1130.

Boeing's Starliner Capsule's 1st Crewed Flight in July

Starliner's Crew Flight Test to the International Space Station is scheduled to lift off on July 21. But Boeing still has some work to do for its first crewed flight this summer.

That mission, called Crew Flight Test (CFT), will launch NASA astronauts Butch Wilmore and Suni Williams to the International Space Station (ISS) aboard Boeing's Starliner capsule no earlier than July 21.



CFT commander Barry "Butch" Wilmore (right) and CFT pilot Suni Williams (left) Image credit: NASA/Kim Shiflett)

NASA and Boeing have completed most of the prep work needed to get Starliner ready for CFT, agency officials said, but another delay isn't out of the question, they added. As we all know, Mother Nature has the final say on flight dates, especially during Hurricane Season.

Boeing aims to fuel Starliner this month in preparation for liftoff. During a "checkpoint review" conducted on May 25th, however, the

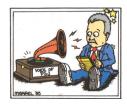


company and NASA identified a few "emerging issues that need a path to closure" to resolve before taking that big step, according to NASA.

For example, technicians and engineers are assessing whether a certain kind of tape used to protect some of Starliner's wires poses a flammability risk. And Boeing and NASA teams are reassessing the efficiency of some joints in Starliner's parachute system "based on new data reviews as part of the ongoing design certification process," agency officials said in a public state-

ment.

"We are taking a methodical approach to the first crewed flight of Starliner, incorporating all of the lessons learned from the various testing campaigns, including Starliner's flight tests and the agency's verification efforts," Steve Stich, manager of NASA's Commercial Crew Program, said in the same statement. "All Orbital Flight Test-2 anomalies are closed," Stich added, referring to Starliner's first test mission, a successful uncrewed flight to the ISS.



Randy Rodriguez Realtor

MAKING DREAMS COME TRUE FOR 38 YEARS!



COLDWELL BANKER REALTY



Cell: 321-863-7499 Office: 321-799-0221



MEDICARE QUESTIONS:
PART A, PART B, PART C, PART D:
CONFUSED????
LET US ANSWER YOUR
QUESTIONS!!!

Higginbotham Insurance Agency



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



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.

7-1 Thunder Over the Indian River 7-1 Bike Days at the Tiki, 1:00 - 5:00 PM

First Saturday of each month. 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.

7-4 Independence Day

7-4 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

7-5 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

7-5 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

7-8 Amvets Riders meeting, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

7-9 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

7-9 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sun-

Important Phone Numbers

County Commissioner -	321-264-6750	
Sheriff: Non-Emergency -	321-633-7162	
Fire Station 26 (Port St. John	a) 321-33-2056	
Emergency Operations Center 321-637-6670		
Waste Management -	321-636-6894	
Port St. John Library	321-633-1867	
PSJ Community Center -	321-633-1904	
Florida Power & Light -	321-723-7795	
City of Cocoa Water Dept	321-433-8400	
Parrish Medical Center		
Port St. John -	321-636-9393	
Titusville -	321-268-6111	

day at 2 p.m. at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelagardnerwrites@gmail.com for info.

7-9 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

7-13 North Brevard Parks and Recreation meets at 4 p.m. at 518 South Palm Ave., Titusville. For questions, call Jeff Davis at 264-5105.

7-14 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.

7-14 Brevard Women's Connection meets at Space Coast Convention Center on Hwy. 520 from 11 a.m. until 1 p.m., 2nd Friday of each month. Call Pam at 321-752-6896 or e-mail bwc0020@ gmail.com.

7-17 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

7-18 North Brevard Republican Club meets 3rd Tuesdays at 6:30 p.m. at the Police Hall of Fame, 6350 Horizon Dr., Titusville. All are welcome.

7-19 Islamic New Year

7-19 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 321-268-1632 for assistance.

7-19 Amvets Post 2415 General Membership Meeting on the 3rd Wednesday of each month at 6 p.m. at 688 West Ave., PSJ. Commander Larry Lonneville, 321-208-7897.

7-25 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.

7-26 Tish B'Av 7-28 Ashura Starts

7-29 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.

Congratulations to:

Emma Grenet turns 6 on the 1st! Allan Woerner turns 29 on the 2nd. Katarina Spears will be 6 years old on July 3 **Rick Harmon** turns wilder on the 3rd. Talan Turner turns 15 on the 3rd. Tyler VanSiclen turns 25 on the 4th. Lori Ebbensgard turns hotter on the 4th! Brayden Engelson turns 17 on July 4th. Chris Fogarty turns cooler on the 6th. Jim Smith turns 6-0 on the 6th. **Kim Brown** turns prettier on the 7th. **Denise Brown** turns more lovely on the 8th. Jill Hill turns prettier on the 8th James Bowen turns crazier on the 8th. Brittani Davis turns 27 on the 9th. **Kelly Messer** dances till dawn on the 9th. Nancy Taylor is the Queen on the 10th. **Nick Brown** rules the world on the 10th. **Michael Turner** turns **16** on the 10th. Jonathan Benoff turns buffer on the 10th. **Brittany Harmon** turns **31** on the 11th. Jack LaPorte parties wild on the 11th. Logan Helms turns 18 on the 13th. **Charlotte Divine** turns **5** on the 17th. Connor Smith turns 19 on the 19th. Isabella "Bella" Orvis turns 9 on the 20th! **Eamon Wright** is the King on the 23rd. **J.D.** Carnell turns **27** on the 24th. Savannah Bowen is 24 on the 24th. **Kathy LaPorte** has a party day on the 25th. Sarah Hannen turns 28 on the 26th. Sydney McGann turns 19 on the 26th. Conor Henderson turns 18 on the 26th. **Greg Messer** rules the course on the 26th. **Brett Benoff** turns wiser on the 27th. Madi McGann turns 21 on the 28th. **Roger Brunet** Happy B-day on the 29th!! Love, Jennifer and Brooke. Happy 14th Anniversary to Kari & Marty

Grinstead on the 1st.

David & Doreen Erickson celebrate their **28th** on the 2nd.

Jack and Kathy LaPorte celebrate 42 years of marriage on the 16th.

Donny Roberts and Linda Carlton celebrate their **11th** on the 20th.

Lori & Rich Ebbensgard celebrate their 11th anniversary on the 23rd.

Tim and Karrson Unrue celebrate their 6th wedding anniversary on the 24th.

Email your inputs to happenings 1@att.net.

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.

All Brevard County libraries will be closed on Tuesday, July 4th.

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. More information on services offered, how to get a library card and events for all the Brevard County libraries can be found at brevardfl.gov/PublicLibraries. Tuesdays 3:00-4:00 p.m.: **STEAM time.** Ages 6-12. Come build & make things with us! Activities centered around Science, Technology, Engineering, Art & Mathematics.

Thursdays 2:00-3:00 p.m.: **Special Summer Craft** time for School-aged kids. Ages 6-12. Signup in advance is required.

Thursdays, 11 a.m.-noon: **Humanatee Yoga** for Beginners or Intermediate. \$5 Instructor Fee. Fridays, 9:30-10:00 a.m.: **Baby Storytime.** Ages 3 and under.

Fridays, 10:30 a.m.: Toddler Storytime. Ages 3-5. 7/6 6:30 p.m.: **Bookworms Bookclub**; see the Reference desk for monthly book selection.

7/12, & 7/26, 1:30-5 p.m.: Community Support Advocate office hours. Can help with Housing Assistance, SNAP Benefits, Social Security/ Medicare benefits and more.

7/13 & 7/20 1-3 p.m.: **SHINE Medicare assistance.** the Senior Resource Alliance of Brevard. 7/15 10:30 a.m.: **Back-To-School Doorhanger Craft** class. \$40 fee due at signup. Registration ends 7/12. See Reference Desk to sign up.

7/26 6:00 p.m.: **Eating Healthy on a Budget**. Free class, hosted by Florida Nutrition Education. Includes a free cooking demonstration.

7/12 2:00 p.m.: **Brevard County Waste Management visit and craft time**.

7/26 2:00 p.m.: **Florida Wildlife Hospital visit**, with live native Florida birds & animals.

7/27 2:00 p.m.: **Port St John Library Summer Reading Finale Party!**

7/29 10:00 a.m.-2:00 p.m.: Brevard County Li-

Party at the Eau Gallie Library. All Reading must be logged into the Beanstack App by 5:00 PM on Friday, July 28 but winners do not need to be present at the End of Summer Reading party to win.



Port Saint John and Walter Butler
Community Centers
Brevard County Parks and Recreation Dept.
(321) 633-2046

www.brevardfl.gov/ParksAndRecreation/Home

This time of celebrating our independence makes it easy for us to forget that there are others on our wonderful planet who are fighting for theirs. This latest terribleness seems to have gone on forever, made so much worse for those of us who have loved ones still trapped in the path of bloodshed and destruction. Please know you are not alone. There are those of us praying for an end and healing.

We have all driven past Bernice Jackson Park on US1 just pass the Fairglen Elementary School overpass and probably thought about stopping sometime. I did so recently, noting that it's more than it appears from the road. A couple of trees shade the picnic table and the playground is new and challenging, but the star is the huge field between it and the Walter Butler Community Center. An open field sans trees begs kites, games of tag or pick up kickball games.

Walter Butler Community Center, (321) 433-4448, is a huge, cool, concrete building in a park-like setting that asks to be meandered through after parking. Donovan Gilbert was a fountain of information and his real concern for the kids in his care shows through. There were kids, coaches and parents bustling to and fro while I was there. I'm not sure which activity was about to begin, but it looked like it was going to be fun! Donovan told me about the summer day camp, after school camp, Pickleball and more. A complete list of times and charges can be found on the website.

Port Saint John Community Center is only doing their summer camp until the end of summer. Happenings will have updates as fall approaches.

The air conditioned indoors features a large activity room, kitchen and stage which can be rented for venues. There are also 2 pool tables, a ping pong table, foosball table and a computer room that will be open to the public for use. There is also a well-kept outdoor playground for young children and several basketball courts at the end of the parking lot, with trees close by for shade if you over-do, which can be utilized now.

With the thermometers hitting three digits these days, we really value our air conditioning, but sometimes a good run through soft green grass and extended splashing in cool water is absolutely necessary. I listed splash pads in Brevard in a previous column, Cocoa's Riverfront Park and Titusville's Riverview Park being the closest to us, and I believe the best. I went back to revisit for this column and standing close enough to feel the coolness, the splashed droplets and the children's laughter, the only thing that kept me from joining them was the big clunky after-surgery cast on my foot. Both of the splash pad parks are beautiful and well kept up, a perfect place to spend an afternoon. Just remember to pack up before the daily thunder-boomers begin.

Don't forget the main thing our area is known and remembered for...our beautiful white sand beaches of the Atlantic Ocean! The accesses in Cape Canaveral are free. Cherie Down Park has quite a bit of parking, showers, bathroom and a picnic pavilion. Jetty Park has a small charge for admission, but has several pavilions, a playground, fishing from the rocks, snack bar and all types of camping.

Many of my favorite childhood memories are swimming, sandcastles, swimming, burying a brother in the sand, swimming, then heading home when the skies begin to darken. A quick shower, usually under the back yard hose, and afternoons spent devouring P.B.J's in front of the TV while thunder roared and rain poured for a couple of hours. I invite everyone reading this to please spend a couple of hours enjoying our sunshine and the paradise we live in.

told me about the summer day camp, after school camp, Pickleball and more. A complete list of times and charges can be found on the website.

As usual, slather on the sunscreen, wear sunglasses, take only pictures and leave only footprints.

Canaveral Groves

SLEEPY Hollow



Fruit From The Groves

On June 8, 2023, at Discovery Christian Church, there was a meeting of the Canaveral Groves Homeowners Association.

First, I want to thank Paul and Rudy for installing the "Welcome to Canaveral Groves" signs located on Canaveral Groves Blvd. and at the corner of Pine St. and Cocoanut St.

There were a couple of topics discussed, including the structure

fires. People are still following too closely to the fire trucks when they are responding. When the supply line "yellow line" is being laid out, do NOT run over them. This can cause damage to the hose, which can make it leak or burst leaving no water supply. Definitely do not run over fire hoses at any time. Not only could you damage the lines, but your vehicle. You can be charged for a traffic violation and all damages including injuries to fire fighters. Please make sure your area fire hydrants are clear at all times.

There have been reports of people coming onto people's property, including going through closed gates to sell items or do work. Please notify Brevard County Sheriff's Department if you are suspicious.

The Sheriff's Department has been busy in the



Groves issuing citations for traffic violations. There have been numerous calls and reports of animals running at large. Some of these animals have been hit or killed. Be a good animal owner and get your animals chipped.

With schools being out, the crime rate tends to go up. People leave cars, homes and garages unattended and unlocked.

We are now in Hurricane Sea-

son. Now is the time to prepare and have a plan in place. Talk to your neighbors to see what assistance you can be to one another in an emergency.

The next planned Canaveral Groves Homeowners meeting will be January 11, 2024 at 7 p.m. at Discovery Christian Church on Grissom Parkway. At this time we will elect new officers, so please plan to attend. We will notify you if for any reason a meeting is necessary prior to January 11, 2024.

In 2024 we are making plans for a couple of special meetings. One of those meetings will be to "Meet your Candidate" of county and state level who are up for reelection or filling a vacant seat.

- Ed Silva

President

Canaveral Groves Homeowners Assn.

*

St. Patrick's Anglican Church 4797 Curtis Blvd., Port St. John 321-802-1311

Classical Christianity Engaging the World

Vacation Bible School and our Annual 4th of July Service

We are looking forward to some indoor activities in July, including our Annual 4th of July Service which will be on July 4th at 6:00 p.m. Come join us for patriot readings, prayers and music.

St. Patrick's Intergenerational Vacation Bible School will be July 31st, August 1st and August 2nd (Monday-Wednesday) from 6:00 to 8:00 p.m. We will have scripture study on the Beatitudes from Jesus' Sermon on the Mount, there will be games, crafts and snacks. Please see our website; www.stpatrickspsj.org for more details and registration. The VBS is for ages 6 years to 99 years. We currently do not have a nursery or activities for very young children.

Veteran's and First Responder Breakfast will be Saturday, July 29th in the parish hall at 9:00 a.m. This is open to all veterans, spouses of veterans, police, fire and emergency services individuals.

Starting July 1st we will start collecting backpacks and school supplies for Atlantis Elementary. If you wish to participate, please call the church office at 321-802-1311. Blessing of the backpacks will be on Sunday, July 30th.

Regular service schedule is: Holy Communion Service – Sunday, 8:00 and 10:00 a.m. Wednesday, 6:00 p.m. Morning and Evening Prayer – Monday, Wednesday, Friday – 9:00 a.m. (available through Facebook Live only) and Friday, 6:00 p.m. Please see our website for service information (www. stpatrickspsj.org) or call our church office at 321-802-1311.

How do you reach 13,000 homes in Port St. John & Canaveral Groves?

Happenings has prices for every budget.
Call Randy at 321-633-7499
We take VISA & MasterCard

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

Mail to: CGHI, P.O. Box 675, Sharpes, FL 32959	
Name	
Address	
E-mail	
Phone	
Won't you join us?	

U.S. Surgeon General Issues Advisory On 'Profound' Risks Of Social Media Use

Social media use by children and teenagers can pose a "profound risk of harm" to their mental health and wellbeing, the US surgeon general is warning. In a new advisory released on Tuesday, Dr. Vivek Murthy calls on tech companies, policy makers and parents to take "immediate action to protect kids now." He says that in the absence of robust independent research, it is impossible to know whether social media is safe for children and adolescents.

"The bottom line is, we do not have enough evidence to conclude that social media is, in fact, sufficiently safe for our kids. And that's really important for parents to know," Murthy told the Associated Press.

The 25-page advisory, produced as part of the Surgeon General's ongoing investigation into what he sees as a full-blown youth mental health crisis, points to the ubiquitous use of social media by young people. Up to 95% of 13- to 17-year-old Americans use a social media platform, and more than a third say they do so "almost constantly."

The report shows how current controls on access by children are not working. While most sites apply a minimum age requirement of 13, company, Meta, reported 14% of teenage girls almost 40% of eight- to 12-year-olds are regular users.

The Surgeon General's warning came as the it exacerbated eating disorders. White House put out its own notice about what it called the "unprecedented youth mental health crisis" in the U.S. The number of children and adolescents dealing with depression and anxiety has risen almost 30% in recent years, with social companies have taken steps to try to make their media a clear factor.

The White House is forming a new taskforce on kids and online health and safety. Its job would be to identify the potential harms posed by online platforms and to come up with a tool kit designed to combat the problems for tech companies developing new products.

The study showed that 35% of Gen Z respondents spend over two hours on social media daily.

Concern over the effects of popular online apps on children has been building in recent years. In 2021 a whistleblower, Frances Haugen, exposed that Facebook and Instagram knew they were directing young users towards harmful con-



and that they were expressly targeting children under 13.

One internal study from Facebook's parent said that when they used Instagram their suicidal thoughts intensified, while 17% of teen girls said

In the wake of Haugen's revelations, Meta sidelined plans to launch a kids' version of Instagram.

Dr. Murthy said, "I recognize technology platforms healthier and safer, but it's simply not enough."

His advisory underlines the critical nature of adolescence in the development of the human brain, which leaves kids aged 10 to 19 highly vulnerable to peer pressure. It is within these years that an individual's sense of self-worth is formed, and it is when mental health challenges such as depression often emerge.

The report says that social media use is predictive of a decline in satisfaction with life, especially for girls aged 11 to 13 and boys aged 14 and 15.

Accessing apps does have positive benefits, tent including material that promoted anorexia – Dr. Murthy says, including providing commu-

nity and connection with others who share similar interests or identity. That can be particularly valuable for LGBTQ+ youth who can easily find each other.

Seven out of 10 adolescent girls of color said they found positive and affirming content this way. Across all user groups, most American adolescents report that social media helps them feel more accepted and supported through tough times.

But such positive indicators are currently overshadowed by risk factors, the Surgeon General warns. A long-term study of 12- to 15-yearolds found that adolescents who spend more than three hours each day on social media have twice the risk of mental health challenges including depression and anxiety. Figures from 2021 suggest that the current average in that age group is 3.5 hours a day.

Excessive social media use, which can result in compulsive or uncontrollable behavior, can lead to sleep problems which in turn can alter the neurological development of the adolescent brain. Depressive symptoms and suicidal thoughts can ensue, the advisory says.

Murthy is calling on tech companies to be more open with the public and to put the health and safety of their young users first when creating new products. He also has words for parents.

"For every family, it may not be feasible to stop your child from using social media or there may be benefit," he told the AP. "But drawing boundaries around the use of social media in your child's life so there are times and spaces that are protected, that are tech-free, that can be really helpful."

For information, visit www.hhs.gov/surgeongeneral/priorities/youth-mental-health/socialmedia/index.html.

Alcoholics Anonymous

Port St. John

Saint Patrick's Church

4797 Curtis Blvd. - East off Grissom Pkwy.

Sunset Group Meeting

- Living Sober book 5:00 (C) Sunday
- (C) Tuesday AA Topic Mtg 6:30
- Beginners Topic Mtg (O) Thursday 6:30

We Believe In Your Orthopedic Health

Your Parrish Healthcare Orthopedics team specializes in the prevention, diagnosis, treatment and rehabilitation of musculoskeletal disorders. You and your team have access to the newest techniques and technology to solve common to complex orthopedic problems; right here, close to home. Together, we can keep your body moving.

Orthopedic Care We Provide:

- Joint replacement and reconstruction
- Sports injuries
- Trauma and fracture care
- Physical rehabilitation services
- Other procedures and specialties







parrishhealthcare.com

Healing Families—Healing Communities®