

HAPPENINGS

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SERVING PORT ST. JOHN & CANAVERAL GROVES

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NASA Causeway Bridge Replacement Continues

Construction continues on the new NASA Causeway connecting SR 405 from the mainland to KSC. On this \$126 million project, the current Indian River Bridge over the NASA Causeway will be replaced to support future growth and improve public and commercial mobility, including for transportation of oversized vehicles to launch sites.

The design plans include replacing the existing twin bascule bridges constructed in 1964 with new twin high-level bridges. The length of construction is 2 miles. A Florida Department of Transportation spokesperson said the new bridges will provide a vertical clearance of 65 feet for vessels to pass under, which is similar to other bridges on the Indian River.

FDOT will minimize closures along the existing NASA Causeway. This closure is needed to facilitate construction of the new bridge. When needed, traffic will be diverted to the available lanes in both directions. For the safety of workers and yourself, please proceed with caution in construction zones.



The project is currently expected to complete in late 2025. According to FDOT, the eastbound span is nearing 70% completion. This span is expected to be done by summer of this year. The timeline for the demolition of the existing eastbound bridge will be determined as the eastbound span nears completion. Then construction will begin on the westbound span.

This bridge is being reconstructed under a partnership between the FDOT, NASA, and Space

Florida. The State of Florida secured a \$90 million Infrastructure For Rebuilding America (INFRA) Grant from USDOT.



A Great End to 2022!

2022 ended with Fay Lake FestiFALL and the PSJ Christmas Parade. The Port St. John Community Foundation would like to thank all those who participated and attended. These events and future events could not take place without our Founders, Sponsors, Vendors and the Volunteers who work tirelessly weeks before and the day of events.

For 2023, we'll start with a Red, White and Bags Cornhole Tournament on April 15th, our annual Golf Classic on April 22nd to raise money for Thunder Over the Indian River, on July 1st. Visit our website, <https://portstjohncommunityfoundation.com/> for more information and how to join us.

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PSJ Community Center Schedule - March, 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

Seniors At Lunch, 10 a.m. - 1 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 - 6 p.m.
Zumba (Adult Class with Jackie) 5:30 - 6 :30 p.m.

Tuesdays

Seniors At Lunch, 10 a.m. - 1 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 - 6 p.m.
Dancing Little Stars - Ballet/Tap Combo, (ages 3-6), 5 p.m. - 5:45 p.m.

Wednesdays

Seniors At Lunch, 10 a.m. - 1 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 - 6 p.m.
8th & 22nd, Culinary Kids, 4 p.m. - 5:30 p.m.

Thursdays

Seniors At Lunch, 10 a.m. - 1 p.m.
Billiards, 10 a.m. - 7 p.m.
Outside Basketball, 10 a.m - 7 p.m.
Game Room/Computers 10 a.m. - 7 p.m.
Community Cares Aftercare, 2:30 - 6 p.m.
Gentle Yoga, 5:30 - 6:30 p.m.

Fridays

Outside Basketball, 9 a.m - 6 p.m.
Game Room/Computers 9 a.m. - 6 p.m.
Billiards 9 a.m. - 6 p.m.

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

Dancing Little Stars - Tiny Tots, (ages 1-3), (Parent Participation), 10 a.m.-10:40 a.m.

Dancing Little Stars - Beginner Ballet, (ages 2-4), 10:45 a.m. - 11:15 a.m.

Community Cares Aftercare, 1:30 - 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 p.m. 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.

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.

Tuition is \$60 per month with the recital costume included with tuition. Register online at:
www.dancinglittlestarsbrevard.com.

ABOUT YOGA with Diane - Gentle Yoga --Thursdays, 5:30 – 6:30 p.m.

Gentle 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. All that is needed is a yoga mat and water bottle. We recommend not eating two hours prior, small fruit snack okay. Price is \$7 per class. Visit www.psjyoga.com for further information.

~ Diane Coben

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Brightline recently pulled back the curtain on their future station located at Orlando International Airport. The station spans three-stories, featuring ground breaking design and a unique synthesis of luxury amenities that meet the demand of today's modern traveler. Planned to open this year, Brightline's Orlando Station will continue Brightline's vision of offering a guest-first travel experience.

The guest journey begins at the main entrance, located off the airport's expansive two-story glass atrium. Once inside the station, passengers can purchase tickets from guest services or one of several self-service kiosks, and check luggage before proceeding through touchless turnstiles into the security screening area. Brightline is currently the only rail system in America that screens all passengers and bags prior to boarding.

The station takes the luxury amenities Brightline is known for to new heights featuring an upscale retail experience with convenient in-station shopping and its Mary Mary Bar, serving hand-crafted cocktails and lite bites. The bar is positioned at the far end of the station with a stunning panoramic view overlooking the train platform where guests can leisurely watch as trains arrive and depart the platform.

Located above the Mary Mary bar is an iconic, flip-flap message board that can rotate alphanumeric text and/or graphics to form a message. A nostalgic nod to historic train stations, the flip-flap will provide updated train schedules, boarding times, news of the day and other announcements complete with the flip-flap sound reminiscent of the first passenger train stations in America.

Passengers will access trains by escalator or elevators to the first level platform and board from one of two new track platforms. These trains with four coaches and two locomotives that will transport guests on the Orlando to Miami route in just over three hours.

Brightline offers two classes of service, SMART and PREMIUM. Brightline's PREMIUM service will provide complimentary drinks and snacks in a dedicated lounge and train coach. Throughout the station, all guests will have access to free high-speed Wi-Fi, charging stations at every seat, 87 big screen televisions and a children's play area located in the SMART lounge.

The 37,350 square foot station is located in the heart of Orlando International Airport's new Terminal C and connects directly to the airport's parking deck C, which will have more than 350 parking spaces reserved for Brightline guests. An automated people mover connects the terminal to the rest of the airport facilities including Terminal A and B in under five minutes.

Brightline's Orlando station is designed by Bigtime Design Studios, that also designed the newly opened stations in Boca Raton and Aventura. The buildout of the station is led by Orlando-based contractor Gomez Construction Co.

For more information about Brightline's Orlando station, visit www.gobrightline.com/orlando.

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~ by Maureen Rupe

Port St. John Request for Zoning Change

I reported this in December, 2022 thinking it would be heard in January. It was postponed until February. The zoning meeting was at the Port St. John Library on February 8th at 6 p.m., which was changed originally from November 9th, 2022, due to impacts from Hurricane Nicole.

Edita Realty (James McKnight) requested a change of zoning classification from BU-1 to RU-2-10 (22Z00049) (/Rz /XXXIYBRA 2302548 & 2302549) (District 1). The properties are on 950 Avon Street and 960 Avon Street in Port St. John, one block east of U.S. 1, and one block south of Kings Highway. RU-2-10 zoning classification allows for apartments, however, the applicant is proposing duplexes, which could be considered a transition between the commercial to the north (the new buildings at the southeast corner of U.S.1 & Kings Highway). The request is to develop two duplexes, one on each lot. The proposed RU.2.10 permits multifamily residential uses or single-family residences at a density of up to 10 units per acre on 7,500 square foot lots. The closest multi-family zoning is the condominiums across U.S.1.

The two properties are 0.18 acres for 950 Avon Street, and 0.22 acres for 960 Avon Street. 960 Avon Street is mapped as within the Indian River Lagoon Nitrogen Reduction Overlay. However, both properties are within 0.2 miles of the Indian River Lagoon. The package states if adequate sewer for the development is not available, then the use of an alternative septic system, designed to provide at least 65% total nitrogen reduction through multi-state treatment processes shall be required.

There were at least 20 people from Avon Street and Manth Street attending the meeting, all with the same concerns of traffic, as there are a lot of children on the roads. There were also concerns that property values would decline if multi-family is allowed, as the homes may be low-income housing. They also felt that it would cause the roads to be widened and sidewalks added. They are already concerned about speeding, as this is the only shortcut to Publix without speed bumps installed.

It was stated by Jim McKnight, Edita Realty, that the development would be on sewer as there is sufficient capacity.

The following recommendation was unanimously approved by the PSJ Special District Board. "Recommend approval for the change from BU1 (General Retail Commercial) to RU-2-10 (Medium Density Multi-family), or RU-1-7 (Residential) if the applicant chooses to go with Residential Zoning, (which the local residents preferred), without having to come back to the Port St. John Advisory Board.

We advised the neighbors to attend and write letters to both the County Planning & Zoning (P&Z) and the Brevard County Commission's Meetings on this rezoning, especially District 1 Commissioner Rita Pritchett.

P&Z meetings are held at Brevard County Government Center, 2725 Judge Fran Jamieson Way, Building C, Viera. Planning and Zoning Meetings are at 3:00 p.m. See our Public Meeting Calendar for meeting dates: <https://www.brevardfl.gov/PublicMeetings>. Visit the Brevard County website for access to available Planning and Zoning Board agendas - <https://brevardfl.legistar.com/Calendar.aspx>.

If you would like to submit comments on a particular item on a Planning and Zoning Board agenda, email Jennifer Jones, jennifer.jones@brevardfl.gov. Please refer to the application number associated with the item.

The County Commission meeting is also at Brevard County Government Center, 2725 Judge Fran Jamieson Way, Building C, Viera. This item should be heard on March 2, 2023 at 5 p.m. The agenda can be found at: <https://www.brevardfl.gov/ViewEvent/2023/03/02/PublicMeetingsCalendar/board-of-county-commissioners-zoning-meeting-3-2-2023>.

District 1: Commissioner Rita Pritchett (Chair): D1.Commissioner@BrevardFL.gov

District 2: Commissioner Tom Goodson. D2.Commissioner@BrevardFL.gov

District 3: Commissioner John Tobia. D3.Commissioner@BrevardFL.gov

District 4: Commissioner Rob Feltner. D4.Commissioner@BrevardFL.gov

District 5: Commissioner Kristine Zonka (Vice Chair). D5.Commissioner@BrevardFL.gov

Reference

<https://www.brevardfl.gov/PlanningAndDevelopment/Home>.

Southwest Corner of Challenger Memorial Parkway and Columbia Blvd.

A multi-family Planned Development is going in 32.55 acres on the Southwest corner of Challenger Memorial Parkway (SR 407) and Columbia Blvd. (SR 405). I'm not sure what will eventually go in, as the application states it's 497 residential units with 472 multi-family units and 25 single-family townhouses. The site plan also showed 713 parking places, where Titusville's Land Development Regulations (LDRs) gives a maximum of 488 units, which is 9 units less than the 976 the applicant wants, and the Land Development Regulations specifies there will be 2 parking places for each unit, which is 263 more than the 713 showed on the site plan for the 488 maximum number of units for a multi-development Planned Development of this size.

According to Titusville staff, this development will generate 1,108 new residents, with 96 of them students (58 elementary school students, 11 middle school students, and 27 high school students projected). With all nearby schools between 79% and 84% capacity, including Port St. John schools, I'm wondering how much this is going to impact Port St. John, besides the extra traffic along 405 and 407. This is especially true as Brevard County is 95 bus drivers short of their needs, so there might be much more traffic along Grissom for parents driving their kids to or from school.

Titusville staff states the development would generate 3,100 vehicle trips on State Road 405, as both exits from the property are onto SR 405. Traffic is going to be a lot busier for PSJ residents heading to Walmart or Target. In fact, a lot of people think of PSJ Parkway to get to north Grissom instead of driving down to 407 and then take

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Airport Road. Due to more development being built north of us on Grissom or 405 close to Grissom, they will probably 4-lane Grissom through PSJ due to increased traffic through our community.

The development's documentation with all the details is between page 535 and page 671 in the referenced link.

Reference: <https://titusville.sharefile.com/share/view/5215e187c44f4fcc>

Florida's Dirty Waters

According to Florida's Department of Environmental Protection's (FDEP), Florida State Parks.org, on the Ecology of the Indian River Lagoon, "The 156-mile-long estuary is composed of three main bodies of water: the Banana River, the Indian River and the Mosquito Lagoon. I found a report published by the Environmental Integrity Project, (EIP), a nonpartisan nonprofit formed by former Environmental Protection Agency (EPA) attorneys about a year ago on March 17, 2022. With all the dead manatees and marine life with lesions in our lagoon, I should have known. The report states 100% of Florida's Estuaries are impaired for any use. According to The Hill article, "About half of US water is 'too polluted' for swimming, fishing or drinking," The report by Shirin Ali finds, "Florida ranks first in the U.S. for total acres of lakes classified as impaired for swimming and aquatic life, and second for total lake acres listed as impaired for any use."

But the more I read, the more confused I became. Florida: Assessed (Sq. Miles) 2,544, Impaired (Sq. Miles):2,533 = % Impaired, 99.6%. The report lays out the inconsistencies within the data and how hard it is to compare data from state to state. Even within Florida, there were inconsistencies. One report table (on page 50) stated for Florida, the percent of waters assessed were 70%, and 100% of those waters were Impaired for Any Use. The same table said for Water Contact Recreation 2,554 square miles were assessed with 33% Impaired for Aquatic Life, 2,554 square miles were assessed with 33% of those impaired, and for Fish Consumption 987 square miles were assessed with 93% of those waters impaired for that use. The Hill article even stated, "EIP argues all of this data still does not provide the full extent of the nation's water pollution because all states monitor their waterways differently — with no universal guidelines provided by the EPA."

There seems to be a load of problems causing these inconsistencies. EPA is supposed to update their water standards for industry water pollution control systems and many have not been updated since the 1970's. Congress needs to strengthen the Clean Water Act by closing its loophole for the largest polluters, which is agricultural runoff and other "non-point" sources of pollution. EPA or Congress should impose more consistent, universal guidelines for waterway impairment designations for all 50 states, and for gauging unhealthy levels of key pollutants. Congress should make it easier to enforce key requirements of the Clean Water Act, including the cleanup plans -- called "Total Maximum Daily Loads" -- that are supposed to be one of the primary mechanisms for reducing the amount of pollution until impaired waterways are restored to health. Until EPA and/or Congress fix these problems, it's going to be hard for any state to have clean waters.

Even Titusville is trying to fight it's residents, who passed a clean water amendment that passed by 82%, and the Titusville City Council has hired a lawyer to fight the citizens so they don't have to implement it.

On page 40 of the report it states "States are set to receive billions of dollars

from Congress' recent passage of a \$1.2 trillion Bipartisan Infrastructure Bill," which I suspect is where the Governor is getting the money to add additional funds for the Indian River Lagoon, and why he came out with the announcement just two weeks after the EPA sent the scathing letter to Florida's DEP on how bad they are taking care of Florida's waters (that was covered in February, 2023).

Reference:

<https://www.floridastateparks.org/learn/ecology-indian-river-lagoon>
<https://thehill.com/changing-america/sustainability/environment/600070-about-half-of-us-water-too-polluted-for-swimming/>
Indian River Lagoon

In the past couple of weeks, myself and three colleagues from the Indian River Lagoon Roundtable met with Florida Senator Tom Wright and Florida House Representatives Tyler Sirous and Randy Fine on the concerns of the pollution on the Northern Indian River Lagoon that is now affecting our fisheries and other aspects of our quality of life. We had an excellent reception from them all, and with promises of help. We are hoping to meet with the rest of the Brevard Delegation. In future editions, I will give updates and also talk about our evidence of the multiple pollution sources in the Indian River Lagoon. The reference is a link to the IRL Roundtable website "about" section to give more details on that group.

Reference:

<https://irlroundtable.com/forum/indian-river-lagoon-roundtable-about>
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U. S. Astronaut Hall of Fame® to Welcome Veteran NASA Astronauts Roy Bridges and Senator Mark Kelly to 2023 Class of Honorees

The U.S. Astronaut Hall of Fame®, located at Kennedy Space Center Visitor Complex, will add two new plaques to its walls this year. Veteran astronauts Roy Bridges and Senator Mark Kelly, who have demonstrated outstanding accomplishments in furthering NASA's mission of exploration and discovery, have been selected to receive one of the highest honors in their industry.

Roy Bridges will be coming home to his Kennedy Space Center family, where he served as Center Director from 1997 to 2003. Mark Kelly will be reuniting with his own family during the weekend when he celebrates with his identical twin brother, Scott, who was inducted into the Hall of Fame with the class of 2020. This will be the first pair of siblings and the first set of identical twins to both hold a place in the esteemed group. Mark Kelly will also be the second sitting Senator to be inducted, following John Glenn's placement in 1990.

"This year's class is another example of excellence from our space



Major General Roy D. Bridges, Jr.



Senator Mark Kelly

program," said Curt Brown. "The Hall of Fame has inducted 105 individuals with this honor; this year's nominees are perfect examples of the accomplished individuals who are inducted each year. Both Kelly and Bridges represent the committed spirit of exploration, bravery and teamwork that make our space program a continued success. We are proud and honored to have them join the ranks of the space pioneers recognized in the United States Astronaut Hall of Fame at Kennedy Space Center Visitor Complex."

An official Induction ceremony and gala will take place at Kennedy Space Center Visitor Complex on May 6, 2023.

Set against the historic and stunning backdrop of the Space Shuttle Atlantis®, the ceremony will be attended by a number of astronaut legends. Following the induction, the newest Hall of Fame members will be celebrated at an evening black-tie event hosted by the Astronaut Scholarship Foundation.

Bridges and Kelly each have had distinguished careers, centered around their love of space and science.

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STEVEN ALLENDER

Roy D. Bridges (Major General USAF, ret.) was selected as an astronaut in 1980. A graduate of the U.S. Air Force Academy and Purdue University where he earned a bachelor's degree in engineering management and a master's degree in astronautics, respectively.

In July 1985, he piloted the space shuttle Challenger for the eight-day Spacelab 2 mission. The main mission objective for STS-51F was to verify performance of Spacelab systems, determine interface capability of the orbiter, and measure the spacecraft environment. Experiments performed covered life sciences, plasma physics, astronomy, high-energy astrophysics, solar physics, atmospheric physics and technology research.

Bridges went on to serve as Center Director of NASA's Kennedy Space Center from 1997

to 2003, where he was responsible for NASA's Space Shuttle and International Space Station (ISS) launch processing and operations as well as the acquisition and launch of NASA's expendable launch vehicle missions. Between 2003 and 2005, he served as the Center Director of NASA's Langley Research Center.

A retired U.S. Air Force Major General, Bridges has served at Wright-Patterson AFB OH as the Air Force Materiel Command Director of Requirements; Commander, Air Force Flight Test Center, Edwards Air Force Base; Commander, Eastern Space and Missile Center, Patrick AFB; and Commander, 412th Test Wing, Edwards AFB.

Among the awards Bridges has received are the National Nuclear Security Administration's highest honor – the Administrator's Distinguished

Service Gold Award – in 2017, as well as NASA's Outstanding Leadership Medal and the Presidential Meritorious Executive Award.

Senator Mark Kelly has served as a U.S. Navy combat pilot, a NASA astronaut, (STS-108, STS-121, STS-124, STS-134), and is now serving as a U.S. Senator for Arizona.

As a Navy pilot, he made multiple deployments aboard the aircraft carrier USS Midway and flew 39 combat missions in Operation Desert Storm. He has logged more than 5,000 flight hours in more than 50 different aircraft and has over 375 carrier landings. In 1996, he was selected as an astronaut in the same NASA class as his identical twin brother, Scott. He retired from NASA in 2011 after commanding space shuttle Endeavour on its final flight.



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Random Acts Of Kindness

Random Acts of Kindness Day went by on February 17th without a lot of attention paid to it. A random act of kindness is something positive that you do without expecting anything in return, and people in recovery from addiction need encouragement and support.

Drug or alcohol abuse often begins because someone has lost hope and is trying to escape from a cruel world. Random acts of kindness can rekindle hope and light the way to a more meaningful life.

If you have a family member, friend, or co-worker in an addiction treatment program, you can support them with small acts of kindness. It doesn't have to be anything big. The little things are often more sincere—they aren't tied to obligation or the desire to show off your generosity. Random kindness comes from the heart.

10 Random Acts Of Kindness For Someone In Recovery

1. Give Them A Ride. Take them to an alcoholics anonymous meeting or outpatient treatment session to ensure they keep up with their recovery. Or take them to the grocery store, gym, or a sober friend's house to help them stay healthy and connected.

2. Compliment Them. A compliment can range from telling them you like their outfit to admiring their strength in seeking help for addiction. Any size compliment can boost their self-esteem.

3. Write A Note. An encouraging note that talks about their value as a person is something they can read over and over when they need to remember why they're in recovery.

4. Give A Thoughtful Gift. A gift that you take time to choose just for them can make them feel special and loved. Knowing someone cares can make all the difference.

5. Hug Them. If the person is comfortable with physical affection, hug them. Studies show that hugging lowers stress levels and helps people feel connected.

6. Tell Them You Love Them. You might think they know but say it anyway. Many people deep in addiction don't love themselves or feel loved by anyone. They may not even feel worthy of love. Telling them you love them affirms their self-worth.

7. Treat Them With Respect. People struggling

with substance abuse don't often feel self-respect or respected by others. Treating them with respect can help them rebuild a positive self-image.

8. Listen. Like, really listen. Ask questions about their emotions and life. Don't talk over them, don't interrupt, and try to understand their perspective.

9. Talk About Things Besides Addiction. A big part of breaking free from addiction is getting involved in more positive things. Talk to them about their interests, hobbies, friends—anything that shows them they're more than their addiction.

10. Ask How You Can Help With Their Recovery. Acknowledge that they're going through a life change and healing process, and ask how you can support them.

Addiction recovery is all about learning to live a better, healthier life. If you're in treatment, doing random acts of kindness for others helps you look outside yourself and your suffering. It gives you the power to make a positive difference in the world.

Here are 10 random acts of kindness you can do while you're in recovery:

Thank someone for their support as you deal with the consequences of addiction. Being thankful is one of the best ways to shift to a more hopeful perspective.

Compliment someone. It can be a stranger or a loved one. Recognizing something good in someone else takes the focus off you and your problems.

Show appreciation for someone often overlooked, such as a housekeeper or bus driver.

Smile at someone just because. Smiling can lift your mood and make someone else feel better, too.

Share advice with someone just starting treatment to help them feel more comfortable and hopeful about their recovery process.

Give a thoughtful gift to someone. Intentional giving shows genuine appreciation and can foster a connection with another person.

Hold the door for someone. This small act of kindness acknowledges someone else's significance. It says they're not alone, and neither are you.

Care for the Earth. Clean up trash to make your surroundings safer and more enjoyable, or plant a tree to foster new life and a healthy environment.

Be kind to yourself. Positive self-talk (what you say to yourself in your head) can build your

confidence and self-esteem.

Practice self-care. Substance use takes a toll on your physical and mental health. You can take care of yourself by eating healthy foods, exercising, and resting when necessary. Nurturing your body and mind is essential to healing.

It can be hard to see outside yourself when you suffer from addiction. And if you do look around, you might only see despair. Kindness can change everything by bringing light to the dark places in your life.

Acts of kindness cause your brain to release endorphins and oxytocin. Endorphins are the body's natural pain reliever, and oxytocin is a "love hormone" that helps you feel connected with others.

Being kind also increases the hormones serotonin and dopamine, which are neurotransmitters (chemical messengers) that play a crucial role in the brain's reward system. They make you feel pleasure and a sense of well-being. Many drugs increase dopamine or serotonin levels. Kindness increases them naturally and without adverse side effects.

While one random act of kindness can improve your mood, it won't change your life. You have to be kind regularly if you want long-term benefits.

Fortunately, a recent study found that the brain forms new connections each time you perform an act of kindness. The more you practice being kind, the easier it will be. It will become second nature, and you'll be a happier person.

To learn more about kindness in recovery or to explore personalized recovery programs, speak with an Ark Behavioral Health specialist today.

Thanx to: arkbh.com



Post 359 - American Legion Riders presents Bike Days at the Tiki March, 4th, 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.

Rose's Room

~ Rose Padrick

St. Paddy's Day

Just when things seem to be taking a tiny turn toward normalcy, stuff we could have never imagined comes at us from all sides. More than a few natural and man-made disasters have attacked us at once. As Americans, we have always and always will leap to help when we can. If you're reading this and have loved ones facing hardship at this time, please encourage them to keep looking up and know they are not forgotten.

St. Patrick's Day has always been one of my favorite holidays. It was one of the few times of the year that my father took over the kitchen and relegated mom to clean up duty. Since this was the 1950's, a man in the kitchen was still a novelty, a point totally lost on my mother. This tiny ball of Italian energy was a true feminist long before bras became campfire fodder. She was possibly the only human on earth who would yell at Lucy to stop allowing Ricky to prevent her from something she wanted to do.

These were the days we enjoyed celebrating - rivers ran green, Leprechauns of all sizes pranced through streets leading parades of cars full of celebrities throwing candy. It was so much better than the tiny cartoon trolls touting sales on everything from linen to chocolate candy that begin popping up the day after the Valentine's Day sales that we have now.

My six-foot, two-hundred-fifty-pound Irish (or so we thought) father was in total awe and had total respect (translate: total fear) of my five-foot nothing mother, and was usually content to stay out of her way in the kitchen except for St. Paddy's Day - because he was Irish (or so we thought) - and at Easter, because he was Catholic. St. Paddy's Day brought forth his Irish specialty - boiled Corned beef and cabbage with red potatoes. For Easter he proudly trotted out boiled ham and cabbage with red potatoes. He was nothing if not consistent. We never quite understood how he managed to use every pot in the house to boil a piece of meat, cabbage and potatoes all together in just one.

My brothers and I wondered how those parade guys could walk on those tall stilts as we sat on the floor balancing toast and milk on our laps (Mom would have had to venture near the stove to cook

the customary grits for breakfast). The mouth-watering aroma and the feeling of being so safe and so proud of our Irish heritage enveloped us those mornings and prevailed as later I became a mother and grandmother.

I happen to love corned beef, cabbage and potatoes, so I proudly prepared it every year, explaining who Uncle so and so is and where Aunt so and so came from to any children who weren't fast enough to leave right after breakfast. (Breaking tradition, they supped at the table). Italian heritage lessons and dinners were saved for Christmas Eve and Christmas, although I have to admit one of the Feast of Seven Fishes slowly became tuna.

Any parent will attest that answering the phone to hear your son say, "Mom, I have something to tell you and you're not going to like it," is very close to the top of the list of heart stoppers.

It seems he had his DNA tested and it showed very little Irish, but major Scottish influences, even outnumbering the Italian. Gleefully calling his siblings resulted in several phone calls accusing me of nefariously foisting CABBAGE, (which is a member of the dreaded vegetable family), on them all those years and allowing them to partake of false pride.

Waving the white flag, I reluctantly agreed to stop boiling this Irish delicacy for them and find a Scottish dish worthy of St. Andrews Day. The girls happily agreed to come to dinner, musing how easy it was to have dear old mom give in and never serve them cabbage again. My son even agreed to wear his newly acquired Padrick design plaid kilt.

I'm sure I'll be able to find a good Haggis recipe before November 30th.

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 pro-

moting 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.

The Joint Commission Awards Integrated Care Recertification To Parrish Healthcare

The integrated health care system created by Parrish Medical Center (PMC) has earned recertification after an intensive review by America's premier health care accrediting body.

Parrish Healthcare, a collaborative structure of health care partners, remains the nation's only certified integrated care system meeting the standards of The Joint Commission. The Joint Commission reviewers specializing in integrated care determined Parrish Healthcare again met the high standards to achieve certification renewal.

"The Joint Commission's standards for recertification are stringent," said George Mikitarian, Parrish Healthcare president and CEO. "That Parrish Healthcare has received it for the third time is a tribute to the collaboration and commitment of our care partners," said Mikitarian. "Certification continues to make the statement about the legitimacy of our integrated care system more clearly than a hundred marketing campaigns by health care organizations that haven't successfully put forth the same time, work, or resources to meet the established standards."

"Integrated Care Certification recognizes health care organizations committed to fostering continuous improvement in patient safety and quality of care," says Deborah Ryan, MS, RN, interim executive vice president, Accreditation and Certification Operations, The Joint Commission. "We commend Parrish Healthcare for using certification to reduce variation in its clinical processes and to strengthen its program structure and management framework for patients."

Parrish Healthcare's first certification was in 2016 and voluntarily seeks recertification every three years.

"We're proud and humbled to have again accomplished this for our patients' benefit," added Mikitarian.

Monthly Tax Update

During tax season I have been finding a number of taxpayers are wondering why they are only getting a couple hundred dollars as a refund, if they're lucky. Well, the new calculation method for your W-4 is to reduce your withholding requirements and it brings your tax filing results to a minimum amount of refund. This also means the large refunds you normally received from tax credits when you did your taxes is now reducing your normal withholding tax requirements. The credits are being paid to you in advance over the course of the year in your paycheck. Well, the end result is, there isn't any more large refunds to pay the real estate taxes, buy a new lawn mower or refrigerator, replace the privacy fence, etc.

Additionally, it has a significant impact to divorced parents when they claim their dependent every other year. This means each parent will need to file a new W-4 each year to change the dependent information in Step 3 for proper withholding requirements for the coming year.

If you really didn't like the outcome to your refund this year and would like to increase it to where it was, you may remain compliant with the proper filing of your W-4 and elect to have an additional amount withheld by entering the amount on Step 4, line c.

In other words, if you were expecting a \$2,000 child tax credit, you could divide the \$2,000 by the number of paychecks you will receive for the year. This would give you the amount to have extra withheld. For example: \$2,000 divided by 52 (weekly) paychecks for the year equals approximately \$40 a paycheck extra that needs to be withheld, and resulting in you getting your \$2,000 at the end of the year.

This is your choice; get it now through the year with a minimum refund, or adjust it for the larger refund for the end of the year. I know it's confusing and you may need to talk with a tax professional to help you understand this better.

On another note, this also means there aren't any funds available to cover unexpected taxable income when there isn't any tax withholding done. This may result in an estimated tax payment requirement to avoid the underpayment of estimated tax penalty.

One other thing to remember: when you take a distribution from a 401(k), there is a requirement

to have up to 20% withheld for taxes. This gives you the false impression this will cover the tax on this distribution. This is not correct if you're under 59 ½. The distribution is subject to withholding tax and a majority will be at 12% or 22%. There is also a 10% premature distribution penalty for being under 59 ½. Add the two together, the tax liability resulting is 22% or 32%, and with only 20% withheld, you can see more will be owed on the distribution. The problem is, since there aren't any extra refund dollars to cover the difference.

So, evaluate your circumstances when the funds are distributed, or you may have a surprise when you do your taxes.

That's it for this month. More good tax stuff next month. Remember, this is a very brief overview. It is your responsibility to discuss any tax and financial changes with your professional advisor for assistance in evaluating your situation.

For details and specific assistance in applying the general information in this article, you may contact our office at your earliest convenience or contact your advisor. Provided by Tracey C. Higginbotham, E.A., (321) 632-5726, a member of the National Society of Accountants.

Bazaar

The storage garage is full and all the treasure is ready for new owners! A fundraising Bazaar will be conducted by United Methodist Women at 6000 Eaglewalk Ave. in Port St. John from 9 a.m. until 3 p.m. for the next 6 Saturdays starting February 11th.

Funds will be used for much-needed repairs and renovations at First Methodist Church of Titusville. Come look through hundreds of items.

For more information or for directions to the Bazaar, contact DJ Olson at 321-636-0568.

National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month. The March meeting will be on the 13th. Our speaker will be Cpl. Jennings from the Brevard County Sheriff's Office, who will talk about cyber crimes and scams.

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.



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FDA Advisers Vote To Simplify COVID Vaccines

A committee of advisers to the Food and Drug Administration voted unanimously on January 26th to recommend that future COVID-19 vaccines should be made to target the same viral strain or strains for both initial shots and boosters, regardless of the manufacturer. The vote comes amid a day long meeting wrestling over the future of how and whether to update COVID-19 vaccines for future seasons. The change is to simplify COVID-19 vaccines.

They were also asked whether they should convene annually by early June to decide on changes to the variants targeted by COVID-19 vaccines, ahead of a fall booster rollout, and to weigh in on ways to streamline the current myriad of immunization schedules.

The change would effectively end use of the original “monovalent” shots that were developed initially aimed at the original strain of the virus. Booster shots over the past winter were “bivalent,” containing components targeting the BA.4 and BA.5 variants. That means unvaccinated people could effectively skip straight to the bivalent shots that had been given as booster doses over the winter.

Officials stressed that it was a “starting point” and that more data would likely be needed to finalize the proposal. However, manufacturers need guidance soon on how they can prepare for future updates, officials told the panel, in order to produce the next round of the shots.

“This is a consequential meeting to determine if we’ve reached a point in the pandemic that allows for simplifying the use of current COVID-19 vaccines, and if it is the moment to implement a more routine approach to periodically updating the strain composition,” Dr. David Kaslow, director of the FDA’s Office of Vaccines Research and Review, told the panel. In short, the answer is yes.

The ultimate goal would be to get more people vaccinated. Only 15% of people in the U.S. have received the latest bivalent COVID booster, which targets the original strain of the virus and omicron BA.5, according to data from the Centers for Disease Control and Prevention. Only 40% of people 65 and older, who are at higher risk for serious COVID, have received the booster.

Even less people under 65 have received it.

In the new framework suggested by the FDA, some Americans – including unvaccinated young children and older at-risk adults – would still be eligible for two doses, similar to what is recommended for influenza vaccines. Most people would be offered a single shot in the fall. Older people, young children and people with compromised immune systems might be offered multiple shots spaced sometime apart instead of a single shot.

The plan suggested by the regulator already roughly mirrors the process used to update the COVID-19 vaccines last year, which are designed to include a component targeting the original strain of the virus and the BA.4 and BA.5 variants that were dominant over the summer. The dominant variant today in the United States is the XBB.1.5 strain, a descendant of a different Omicron lineage which has grown quickly, mostly in the Northeast. So far, Omicron has traveled rather freely.

“What we observed is that if a variant has some sort of advantage, that it’s generally taken over and swept across the country no matter where it’s first detected. And I think there’s reasonable suspicion that that will probably occur with XBB.1.5 as well,” the CDC’s Heather Scobie told the panel.

Data published Wednesday by the CDC suggests the vaccines are working as well to protect against XBB.1.5 infections as they were previously against BA.5.

Executives from Pfizer told the committee that they would be able to manufacture new mRNA shots with BioNTech on the timeline laid out by the FDA.

However, that may be too short for traditional vaccines like Novavax to be revised. Strains for the annual flu vaccine are picked out months earlier, in February.

“Because of rapid evolution, we’ve needed to adjust our approach over time, and we’re now in a reasonable place to reflect on the development of the COVID-19 vaccines to date to see if we can simplify the approach to vaccination,” said Dr. Peter Marks, FDA’s top vaccine official, said, explaining how the many variants will affect the process.

Humanity May Reach Singularity Within 7 Years

In the world of artificial intelligence, the idea of “singularity” looms large. This concept describes the moment AI exceeds beyond human control and rapidly transforms society. By one metric, we could approach technological singularity by the end of this decade, if not sooner. An AI that can translate speech as well as a human could change society.

A translation company, Translated, developed a metric, Time to Edit (TTE), to calculate the time it takes for professional human editors to fix AI-generated translations compared to human ones. This may help quantify the speed toward singularity.

Some AI researchers are on the hunt for signs of reaching singularity measured by AI progress approaching the skills and ability comparable to a human. A big problem is that it’s very difficult to predict where it begins, and nearly impossible to know where it might lead. Language is one of the most difficult AI challenges, but a computer that could close that gap could theoretically show signs of Artificial General Intelligence (AGI).

If you’ve ever talked to someone in a foreign country when you called Tech (or Customer) Support, you might welcome being able to talk to a computer that can easily translate your speech and give understandable replies. If you’re a big fan of the Terminator franchise, this might scare you.

If you use Alexa, Siri, Bixby or any other voice driven app that communicates with you, this would expand their capabilities even further.

On average, it takes a human translator roughly one second to edit each word of another human translator, according to Translated. In 2015, it took professional editors approximately 3.5 seconds per word to check a machine-translated (MT) suggestion — today that number is just 2 seconds. If the trend continues, Translated’s AI will be as good as human-produced translation by the end of the decade. Although this is a novel approach to quantifying how close humanity is to approaching singularity, this definition of singularity runs into similar problems of identifying AGI more broadly.

Although perfecting human speech is certainly a frontier in AI research, the impressive skill doesn’t make a machine intelligent. However, an AI capable of translating speech as well as a human could very well change society.



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Varsity Head Coach: Donna Nero
Junior Varsity Head Coach: Candace Harlan

DATE	DAY	TEAM	OPPONENT	LOCATION	TIME
2/27/2023	MON	JV/VARSITY	ASTRONAUT	SPACE COAST- LLN	5:15/7:15PM
2/28/2023	TUES	JV	ROCKLEDGE	SPACE COAST	6:00PM
3/1/2023	WED	JV/VARSITY	COCOA	COCOA	5:15/7:15PM
3/2/2023	THURS	VARSITY	SEBASTIAN	SPACE COAST	6:00PM
3/6/2023	MON	JV/VARSITY	PINE RIDGE	PINE RIDGE (B)	5:15/7:15PM
3/8/2023	WED	JV/VARSITY	MERRITT ISLAND	SPACE COAST	5:15/7:15PM
3/10/2023	FRI	VARSITY	ATLANTIC HS	ATLANTIC HS (B)	5:15PM
3/22/2023	WED	JV/VARSITY	ASTRONAUT	ASTRONAUT	5:15/7:15PM
3/24/2023	FRI	VARSITY	ORL CHRISTIAN	ORL CHRISTIAN (B)	5:15PM
“”	FRI	JV	TITUSVILLE	TITUSVILLE	5:15PM
3/27/2023	MON	JV/VARSITY	ROCKLEDGE	ROCKLEDGE	5:15/7:15PM
3/29/2023	WED	JV/VARSITY	COCOA BEACH	SPACE COAST	5:15/7:15PM
3/30/2023	THURS	JV/VARSITY	CORNERSTONE	CORNERSTONE (B)	5:15/7:15PM
4/3/2023	MON	JV/VARSITY	TITUSVILLE	SPACE COAST- SN	5:15/7:15PM
4/4/2023	TUES	VARSITY	ST CLOUD	ST CLOUD (B)	7:00PM
4/6/2023	THURS	JV/VARSITY	TITUSVILLE	TITUSVILLE	5:15/7:15PM
4/10/2023	MON	VARSITY	VIERA	SPACE COAST	6PM
4/12/2023	WED	VARSITY	NORTH VS. SOUTH	SPACE COAST	6PM
4/13/2023	THURS	VARSITY	BAYSIDE	BAYSIDE (B)	6PM
4/19/2023	WED	VARSITY	ROCKLEDGE	SPACE COAST	6PM
4/20/2023	THURS	VARSITY	ORL CHRISTIAN	SPACE COAST	6PM

GAMES: **(B) INDICATES BUS TRANSPORTATION REQUIRED**

SN – Senior Night

LLN – Little League Night

Calling All Christian Authors!

Dynamic writers group in Cocoa, FL 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 information. Print “Writers Group” in Subject.

St. Patrick's Anglican Church

4797 Curtis Blvd., Port St. John

321-802-1311

www.stpatrickspsj.org

In March, St. Patrick's Anglican Church celebrates the saint day of our patron St. Patrick. Everyone associates St. Patrick with Ireland (as he is the patron saint of Ireland). But many do not realize that he was actually English and taken to Ireland after being kidnapped by pirates and sold as a slave. When he left Ireland and went back to England he studied and became a priest and then a bishop. As bishop he was sent back to Ireland where he stayed and preached the gospel until his death on March 17th, 461 AD.

Besides being a faithful Christian and spreading the gospel in Ireland, Patrick is known for using the shamrock to demonstrate the Holy Trinity; Father, Son and Holy Spirit. We are honored at St. Patrick's Anglican Church to have such a faithful and wonderful patron.

Our Traditional Saint Patrick's Day Corned Beef Dinner will be held Saturday, March 18th from 6:00 to 8:00 p.m. The cost is \$20.00 for adults and \$10.00 for children under 14 and are pre-pay only. We will have traditional and smoked corned beef with all the fixings, drink and dessert. Tickets are on sale now and can be purchased on our website, www.stpatrickspsj.org, or you can call our church office directly at 321-802-1311. These tickets go quickly and space is limited.

Beginning on March 1st we will continue our Lenten tradition of prayer, study and light supper on Wednesdays. At 6:00 p.m. we will have a communion service followed by stations of the cross. We will then do a bible study on some of the reading from New Testament books of James, Jude and Titus. A light soup and bread supper will be provided and we will finish at 8:00 p.m.

Veteran's and First Responder Breakfast will be Saturday, March 25th in the Parish Hall at 9:00 a.m. This is open to all veterans, spouses of veterans, police, fire and emergency services individuals.

Regular service schedule is: Holy Communion Service – Sunday, 8:00 a.m. and 10:00 a.m. Wednesday, 6:00 p.m.; Morning and Evening Prayer – Monday, Wednesday, Friday – 9:00 a.m. and Friday, 6:00 p.m.

God Bless

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

Parrish Healthcare A.W.A.K.E Celebration

Alert, Well and Keeping Energetic (AWAKE). Is your family AWAKE? All are invited to join for this free sleep event. Learn how getting a better night's sleep can improve the overall health of your family. Enjoy a delicious meal and register to win multiple door prize drawings.

- When: Thursday, March 23, 5-8 p.m.
- Where: Indian River Preserve, 3950 Clubhouse Dr., Mims
- Facilitated by Michele Roberge, RT(R), RPSGT
- For additional information, or to register, please visit www.parrishhealthcare.com/AWAKE.

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, March 28, 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.

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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.**

3-1 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.

3-1 Sons of Amvets 2415 Meeting- 1st Wednesday of the month, 6 p.m. 688 West Ave., PSJ. Commander Chuck Harrington, 321-208-7897.

3-4 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.

3-6 Purim

3-7 Lailatul Barat

3-7 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.

3-8 International Womens Day

3-8 Amvets Post 2415 General Membership Meeting on the 2nd Wednesday of each month at 6 p.m. at 688 West Ave., PSJ. Commander Larry Lonneville, 321-208-7897.

3-9 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.

3-10 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.

3-12 Daylight Savings Begins

3-11 Amvets Riders meeting, 2nd Saturday at 10 a.m. Call President Craig Doan, 321-208-7897.

3-12 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

3-12 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sunday at 2 p.m. at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelgardnerwrites@gmail.com for info.

3-12 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.

3-12 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & November), 2 PM, Cocoa Library.

3-15 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.

3-17 St. Patrick's Day

3-20 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.

3-22 Ramadan Begins

3-25 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.

3-31 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:

Andrea Bryson turns prettier on the 1st.

Alexander Delida turns 17 on the 2nd.

Landon Townley turns 17 on the 2nd.

Sharon Bowen is more lovely on the 3rd.

Shawn Townsend turns 25 on the 4th.

Kari Grinstead is hotter on the 5th

Sam Brown turns crazier on the 5th.

Doug Vick turns wiser on the 6th.

Isaac Kois turns 33 on the 6th.

Mandy Pannullo turns 3-0 on the 8th.

Aiden Firth turns 12 on the 8th.

Paris Ragan parites wild on the 9th.

Jason Rockhill turns buffer on the 9th.

Brett Messer turns 27 on the 10th.

Rhonda Rockhill is more lovely on the 15th.

Daniel Henry gains one on the 15th

Ashley Moore turns cuter on the 16th.

Paige Burris rocks the night on the 17th.

Tonya Dees is the party girl on the 18th.

Lucas Erickson turns 25 on the 18th.

Amaya Rockhill turns Sweet 16 on the 18th.

Brent Bray turns 34 on the 21st.

Alexys Sladyk turns 22 on the 24th.

Carter Niehoff turns 12 on the 27th.

Jim Carnell turns cooler on the 29th.

Norm & Sue Blum celebrate their 40th Anniversary on the 4th.

Lauren & Daniel Henry share Happy 20th Anniversary on the 15th.

Lisa & Cary Troxel celebrate the day Cary robbed the cradle on the 28th. Rock on!

Dave and Valerie Hannen celebrate their 38th wedding anniversary on the 30th.

We have lots of room for more good news.

Email your inputs to happenings1@att.net.

Important Phone Numbers

County Commissioner -	607-6901
Sheriff: Non-Emergency -	633-7162
Fire Station 26 (Port St. John)	633-2056
Emergency Operations Ctr -	637-6670
Waste Management -	636-6894
Roadway Maintenance -	264-5084
SCAT Bus Information -	633-1878
Port St. John Library -	633-1867
PSJ Community Center -	633-1904
Florida Power & Light -	723-7795
City of Cocoa Water Dept. -	433-8400
Parrish Medical Center	
Port St. John -	636-9393
Titusville -	268-6111
Atlantis Elementary School -	633-6143
Challenger 7 Elementary -	636-5801
Enterprise Elementary School	633-3434
Fairglen Elementary School -	631-1993
Space Coast Jr/Sr High School -	638-0750
Sexual Offender Registry -	
www3.fdle.state.fl.us/sexual_predators/	

On the Road With Rose



City of Cape Canaveral Community Center

7920 Orange Ave, Cape Canaveral, FL
Phone 321-783-619

https://www.cityofcapecanaveral.org/community/parks_facilities/c5.php

At the time of this typing, this old world seems to still be spinning off-kilter. Meanness and spitefulness seem to have finally abated just a tad, but war and other catastrophes still beg prayers. Humans are human the world over. We are one earth, I just wish we could understand we are all we have. If you have been touched by pain, please know you are not alone and prayers are being sent.

I found what I consider to be a perfect solution to weekend and upcoming summer doldrums. (I'm bored! It's hot! There's nothing to do!) I remember the old days when me and Fred Flintstone would dare to utter those words and find a mop or toilet brush in our hands...but I digress.

A short drive from our home base here in Port Saint John is the new Cape Canaveral Community Center. It's a beautiful 24,000 square foot building housing all kinds of recreational activities under air, and a splash pad that is undergoing the final tweaks, hopefully to be up and splashing soon. My intrepid partner in discovery and I wandered in the front door and were greeted by a very helpful staff member who gave us permission to wander and use anything at will.

You do not have to be a resident of Cape Canaveral to enjoy the amenities. A full day of play is \$6.00 for adults, \$5.00 for seniors and \$2.00 for kids. Children must be accompanied by an adult. There is no snack bar, but you can leave for lunch or whatever, and return with no extra charge.

Everywhere you look is something to enjoy. There is a pool table, ping pong table and a high school sized basketball court that is lined for various other activities, and a large multi-use room on the first floor.

We watched several young people sprinting up and down the court with nary a huff or puff...this old watcher was winded just watching.

The second floor contains a large conference room complete with microwave, refrigerator and balcony available for rental for most any kind of event, and also one of the best gyms I've ever seen. I counted at least twenty objects of torture, five or so very fit humans treadmilling, weight lifting and doing something I just didn't understand inside some kind of stationary, many armed thing, and an employee disinfecting everything in sight. A lap track lined and marked for Rabbits, Peafowl and Tortoises - nothing for decrepit 'vintage' ladies - looks down on the basketball court.

There are several Zumba classes at various times; regular, low impact and senior. Pickleball, karate, meditation, yoga and senior fitness classes are held throughout the week.

There is more, but not scheduled at this time, and there are supposed to be more things for the very little ones in addition to the splash pad come this summer.

Outside there is a large open grassy area perfect for a quick football or soccer game, or kite flying. This backs up to the outdoor park complete with swings, monkey bars, rock climbing wall, picnic tables and pavilion.

My idea of a full day of air conditioned or splashy fun is best topped off by chocolate ice cream at that place with the huge ice cream cone that my car refuses to pass. Okay, those of you who actually used the exercise equipment would probably prefer something more low cal. Vanilla?

~ Rose Padrick

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host Singles/Couples Ballroom Dances on Saturday, March 11th and Saturday, March 25th. 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; \$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 about the dances and other activities at the Center..

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.

Thursdays, 11 a.m.-noon: **Humanatee Yoga for Beginners or Intermediate.** Bring your own yoga mat! \$5 Instructor Fee.

3/1, 6:30 p.m.: **Bookworms Bookclub.** See the Reference Desk for monthly book selection.

3/2, 3/9, 3/23, 3/30 3:30, p.m.: **Story & Craft Time** for school-aged kids. Ages 6-12.

3/3, 3/10, 3/24, 9:30-10:00 a.m.: **Baby Storytime.** Ages 3 and under.

3/3, 3/10, 3/24, 10:30 a.m.: **Toddler Storytime.** Ages 3-5.

3/7 & 2/21, 3:00 p.m.-4:00 p.m.: **STEAM time.** Ages 6-12. Come build and make things with us! Activities centered around Science, Technology, Engineering, Art and Mathematics.

3/7, 1:30 p.m.: **Lynda Medicare 101** information session.

3/8 & 3/22 1:30-5 p.m.: **Community Support Advocate** office hours. Help with Housing Assistance, SNAP Benefits, Social Security/Medicare Benefits and more.

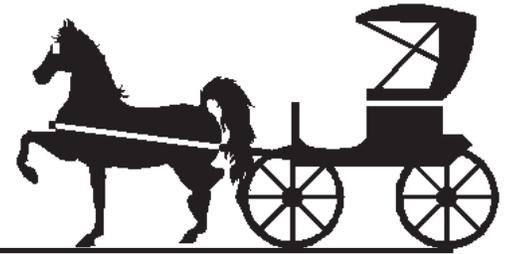
3/11, 10 a.m.-noon: **Pokemon Club of Port St John.** All ages welcome.

3/18 10:30 a.m.: **Easter Craft Class.** \$40 fee due at signup. Registration ends 3/15. See Reference Desk.

3/22 6:00 p.m.: **Friends of the Port St. John Public Library** bi-monthly Membership Meeting. All are welcome!

3/25 10 a.m.-1:30 p.m.: **Pokemon Club of Port St. John Tournament.** All ages welcome.

SLEEPY HOLLOW



Fruit From The Groves

Brevard County Road and Bridge is working on some of the streets off of south Pine Street. They are replacing the culverts, which will help in drainage. They are also grading some of the roads. Work is also being done on Coconut Street to repair the ditch along the road to also help with drainage.

There are more white crosses at the end of Pine Street where it intersects with Coconut. Deaths have happened once again at that area. The flashing solar powered lights were put there and at the other curves to remind people to slow down. Please obey the speed limits, this is a dangerous curve. The speed limit MUST be adhered to in order to stop accidents.

Brevard County Sheriffs Office, Traffic Unit and Road Patrol have been out here in the Groves enforcing speed limits and other traffic violations. Speed is a continuous problem out here in the Groves, so don't complain if you get a ticket. Watch your driving.

I called Commissioner Pritchett's office. Brevard County Road and Bridge, and the Florida Department of Transportation in regard to the I-95 passover bridge on Citrus Ave. The debris and other items had built up. They had the mess cleaned up. We greatly appreciate it.

After talking to the above, I wanted to know why there were no fences on the Citrus bridge stopping items going over on to I-95. The bridge was built before the standards required were put in place to put fences on bridges going over highways. It is now being looked into to bring the bridge up to current standards.

There is a new fire hydrant on the southeast side of the Citrus bridge. This should help lower the insurance rates for those living in the area.

The Fire Dept. has been busy with many calls including traffic accidents, fires and medical calls. Please yield to Emergency Vehicles when they are responding. Please be careful with fire as we are in the dry season.

Brightline has advised that they will be soon running to Orlando and back using the track that runs through the Groves.

Ed Silva

Canaveral Groves HOA

Alcoholics Anonymous

Port St. John

Saint Patrick's Church

4797 Curtis Blvd., Port St. John

Sunset Group Meeting

(C) Sunday 5:00 BIG BOOK

(C) Tuesday 6:30 12 STEP

(O) Thursday 6:30 Beginners Mtg

Parrish Medical Center Hospitalist Group Honored Nationwide

Parrish Medical Center's hospitalist group, Apogee Physicians™, has been recognized as Program of the Month – a distinction bestowed upon only one hospital program monthly of more than 50 programs nation-



wide. In addition to this honor, Parrish Medical Center's Director of Hospital Staff and Medical Director of Parrish Medical Group, Dr. Kevat Patel, has been named Hospitalist of the Month.

Of the honor, Dr. Patel said, "It is an absolute privilege to be part of Parrish Medical Center. Apogee and Parrish are one big family with a commitment of providing safe, healing and exceptional patient care. We are honored to receive this recognition, but we, as doctors and nurse practitioners, cannot do it alone."

Dr. Patel continued, "Our success is deeply rooted in the support we receive from the Parrish Medical Center Board of Directors, administration, the more than 1,300 care partners that make up this healing organization, and perhaps most importantly, those who allow us to practice the art of medicine every day – our community. Without you, our degrees would be just mere pieces of paper on a wall."

"We were, are and will always be one family dedicated to person and family-centered care. From the bottom of our hearts, thank you for this wonderful honor. It is truly a testament to the healing experiences that take place every day at Parrish Medical Center," Dr. Patel concluded.

Parrish Medical Center and Apogee Physicians™ have been in partnership since 2020.

For more information on the services Parrish Medical Center provides, please visit parrish-healthcare.com.

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 March, 2023

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, 10 a.m. – 2 p.m.

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

Kids In Motion Aftercare, 3 p.m. - 6 p.m.

TUESDAYS

Zumba, 5:30 – 6:30 p.m.

Open Computer Lab, 6 – 8 p.m.

Pickleball, 6 – 8 p.m.

WEDNESDAYS

Pickleball, 10 a.m. – 2 p.m.

Volleyball Fundamentals, 5 – 8 p.m.

Open Computer Lab, 6 – 8 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

Basketball League, 9 a.m.-4 p.m. (First games January 28th)

Open Computer Lab, 10 a.m. – 2 p.m.

Open Game Room, 10 a.m. – 2 p.m.

YOUTH BASKETBALL LEAGUE -

January 28, 2023 – April 1, 2023, ages 5-15, games are at 9 a.m.-4 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 at 10:45 a.m. for one hour at Parrish Health & Fitness Center. \$5 per class or \$15 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.

Classes are Monday – Friday, 3 p.m. – 6 p.m. Program cost is \$31.79 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.

Orlando Gets A Professional Football Team

The Orlando Guardians are now an XFL football team based in Orlando. Dwayne Johnson is part of the new ownership group that took over the league. Their Head Coach is Terrell Buckley and the team's home field will be Camping World Stadium. The Guardians' first home game will be on Sunday, February 26 against the San Antonio Brahmas.

The Orlando Guardians will play five home games in their inaugural season. Tickets for single game or season can be purchased by a link at www.campingworldstadium.com/events/xfl. Fans will be able to preview their seats using Ticketmaster's 'Virtual Venue' feature, which allows fans to see 3D stadium views before making seat selections.

The other seven teams announced are Arlington, Houston, and San Antonio, TX; Las Vegas, NV; Seattle, WA; St. Louis, MO; and Washington, D.C. The Guardians will be in the South division.



ORLANDO
GUARDIANS



You are invited to the 26th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, March 18, at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Cocoa Village.

Play Bingo to win fabulous prizes! Bring your canine companion, sip your favorite libation, enjoy delicious food from 56@, and join us for an evening of fun, including raffle baskets and a 50/50 drawing.

All proceeds to benefit Mid Florida Sheltie Rescue, a nonprofit organization founded in 2004, whose mission is to help with the rehabilitation, fostering, and placement of homeless Shetland Sheepdogs. Many of the Shelties are recovering from being neglected, abused or abandoned by people they loved. MFSR's primary concern is placing each Sheltie into a loving, FUREVER home.

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 Mid Florida Sheltie Rescue, www.midflsheltierescue.com, or Tails at the Barkery, (321) 305-4584, or Dirty Oar Beer Company, (321) 301-4306.

Join us for the SEVEN YEAR Anniversary Celebration of Tails at the Barkery, 14 Oleander Street, Cocoa Village, from 10:00 a.m. to 4:00 p.m. on Saturday, March 4th, and Sunday, March 5th. There will be refreshments and raffles!

Donate \$10 and have your special furry companion "create" their very own one-of-a-kind, wearable, designer piece of art.

All pets are welcome and must be on a leash or in appropriate carriers and have current vaccinations and county tags.

All proceeds to benefit Mid Florida Sheltie Rescue, a 501(c)3 nonprofit organization.

For additional information, please visit Tails at the Barkery in Cocoa Village or call (321) 305-4584.

Your Stroke Care Partners

WE CARE WHEN IT MATTERS THE MOST.

From prevention to detection, treatment to support—we are here for you every step of the way.

Visit parrishhealthcare.com/stroke



The Joint Commission



American Heart Association
American Stroke Association

CERTIFICATION

Meets standards for
Primary Stroke Center



Healing Families—Healing Communities®

