

HAPPENINGS

Weekly Edition
Friday, May 20, 2022

Jess Parrish Medical Foundation And Parrish Medical Center Auxiliary Award Scholarships For Study In Healthcare And Medicine

Jess Parrish Medical Foundation (JPMF) and Parrish Medical Center (PMC) Auxiliary awarded \$22,500 in scholarships to 18 outstanding college students and graduating high school seniors that distinguished themselves through passionate dedication to their communities and a pursuit of studies in the fields of medicine or healthcare. Since 1990, JPMF has awarded more than \$475,000 to deserving students.

This year's scholarship winners include, from Astronaut High School, Shamere Harvey, Jonna-Marie Kirk, Alexis Mills, Isabella Padgett, Taylor Rendina, and Brenna Row; Merritt Island Christian School awardee Sydney VanHorn; and Space Coast Junior/Senior High School recipient ShaMar Washington.

College students awarded scholarships include, Cindy Sluka, Daytona State College; Maryah McCarthy and Kayla Ouellette from Eastern Florida State College; Brooke Kelleher, Florida Gulf Coast University; Kenzington Allender and Sarah Lee Curtis, Florida State University; Julia Simonsen, University of Central Florida; Paige Murrill, University of Florida; Gabriella Lloyd, University of North Carolina; and Joshalyn Butler from the University of North Florida.

Scholarship committee chair Barbara Terhune led the committee through the process of evaluating applicants in the areas of academic performance, awards and honors, extracurricular activities, leadership, community service and work experience, recommendation letters, application essay and PMC/JPMF affiliation.

"The Foundation is honored to support such well-deserving and exceptional students. Our congratulations to all the awardees as they take the next step forward in their academic careers and lead the next generation in shaping the future of healthcare," said Matthew Morak, JPMF Director. "I would also like to extend heartfelt thanks to Dr. Philip Simpson, Barbara and Terry Terhune, and Bill and Rachel Terry for their generous scholarship gifts which allowed for additional students to be awarded."

Committee members include Santi Bulnes; Deborah Cox; Terry Lee; Josh Norris; Howard Rinker, DDS; Nata-

lie Sellers; Philip Simpson, PhD; and Barbara Terhune, committee chair.

JPMF is investing in the future by awarding medical scholarships to residents in North Brevard County who are pursuing careers that one day will provide healing to our community. To learn more about JPMF/PMC scholarships, visit www.parrishmedfoundation.com/scholarships.

Special Olympics USA Games Comes to Orlando

The Opening Ceremony of the 2022 Special Olympics USA Games will be held on June 5, 2022 at Exploria Stadium. The Opening Ceremony will be produced by Disney Live Entertainment and will feature appearances from Celebrity Games Ambassadors, superstar performances, The Parade of Athletes, and the lighting of the Flame of Hope officially kicking off The Games. Opening Ceremony will be broadcast nationally on ABC (locally, channel 9) and will feature 5,500 athletes and coaches from all 50 states and the Caribbean.

The event will run June 5-12, 2022, and the 2022 Special Olympics USA Games will unite athletes and coaches from all 50 states and the Caribbean, plus 125,000 spectators during one of the country's most cherished sporting events.

The 2022 Special Olympics USA Games logo is the product of the hard work and amazing talents of 9 Special Olympics athletes who were guided by a professional creative team from Publicis Seattle. They spent a weekend workshop where each of the athletes contributed their own inspiration and individual stories to a collaborative design process. The result is this year's official logo.

Information about the sports involved in this year's games, schedules, information about the athletes and even a way to volunteer to help are available at <https://www.2022specialolympicsusagames.org/>.



What Is Starlink?

It has become a redundant news report to hear that, “A launch is scheduled this week putting “xx” number of Starlink satellites into orbit.” Usually “xx” is a big number for those of us who remember when satellites went to space one at a time. So what’s going on with all these satellites?



SpaceX has launched more than 2,000 Starlink satellites since 2019 and offers internet service to much of Europe, including Ukraine, most of the US, parts of Central and South America, New Zealand, and southern Australia. It is the most mature of three projects, including one from Amazon, creating a new generation of high-speed internet services using swarms of small satellites in low Earth orbit. The intent is to be able to offer internet service world-wide by the end of this year. World wide. That means including the oceans, deserts, arctic and antarctic regions, and mountains. It’s a grand goal and a massive undertaking.

It’s designed to be the world’s most advanced broadband internet system. Starlink internet works by sending information through the vacuum of space, where it travels much faster than in fiber-optic cable and can reach far more people and places. While most satellite internet services today come from single geostationary satellites that orbit the planet at about 35,000 km, Starlink is a constellation of multiple satellites that orbit the planet much closer to Earth, at about 550 km, and cover the entire globe.

Because Starlink satellites are in a low orbit, the round-trip data time between the user and the satellite – also known as latency – is much lower than with satellites in geostationary orbit. This enables Starlink to deliver services like online gaming that are usually not possible on other satellite broadband systems. Using advanced satellites in a low orbit, Starlink enables video calls, online gaming, streaming, and other high data rate activities that historically have not been possible with satellite internet. Users can expect to see download speeds between 100 Mb/s and 200 Mb/s and latency as low as 20ms in most locations.

World wide coverage is on track to succeed, but a little later than projected. The satellites may be up by year end, but connectivity won’t be ready in all areas. Starlink is currently available in most of Florida. I went to the Starlink website and I can order service today and place a deposit, but it won’t be available until 2023. They are connecting on a first come, first served basis so it still may be worth your time. Business Starlink is signing up many areas, including the Happenings office, now for late 2022 or early 2023 service. Both home and business have an equipment fee. As expected, there’s a disclaimer for delivery time. You can find more information at <https://www.starlink.com>.

Hurricane Season Starts in June

Hurricane season starts next month. It’s time to get the dead limbs and other yard waste cleared out.

Yard waste, such as leaves, grass, pine needles or shrubbery cuttings resulting from the care of lawns or landscape maintenance or tree trimmings must meet the preparation guidelines for Waste Management to pick it up.

Yard waste collection guidelines:

Prepare yard waste so that all branches, limbs, palm fronds and other materials are reduced to sizes not exceeding 4 feet in length, 2 feet in diameter, and 50 pounds in weight.

Yard waste cuttings, grass cuttings, leaves, small clippings and trimmings generated from a single family residence may be placed in a customer owned receptacle with a maximum 40-gallon capacity.

Notify collector and arrange for a special pick-up if yard waste removal does not meet the size and weight limits listed above. Schedule a residential yard waste pick-up at <https://www.wm.com/us/en/home/residential-waste-recycling-pickup>.

Separate yard waste from other solid waste and place at your designated collection point.

Containerize grass cuttings, leaves, small clippings and trimmings.

Please note: the use of any type of bags (paper or plastic) for yard waste is prohibited.

Set yard waste at the curb in time for residential collection, which runs 6:00 a.m. until 8:00 p.m.

Waste Management will pick up all properly prepared yard waste placed at the curb or at the designated collection point from each family residence, not less than one (1) time per week.

For more information, call 321-636-6894.

Residents can also take their yard waste to the Free Mulch locations below.

Free Mulch

Brevard County residents can get free mulch at any of the locations listed below. Call the facility that is near you for more information and availability.

Central Disposal Facility, Cocoa, 321-633-1888

Mockingbird Mulching Facility, Titusville, 321-264-5009

Sarno Landfill, Melbourne, 321-255-4365

Composting

For information on backyard composting, call the Agricultural Extension Service in Cocoa at 321-633-1702 or visit the University of Florida website, <https://sfyl.ifas.ufl.edu/brevard/>. The University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) Extension is a partnership between UF/IFAS, the United States Department of Agriculture (USDA), and Brevard County government, providing educational programs based on the latest research and technology.

Travel Guide To Public Wi-Fi

Planned leisure travel in 2022 outpaces pre-pandemic travel levels in 2019, according to TripAdvisor. Travel should be a relaxing break. But if you're not careful, you could expose your private email messages, bank account information and online credit card passwords to cyber-criminals. Why? Blame it on public Wi-Fi.

Public Wi-Fi is notoriously unsecure. This makes it easy for hackers to spy on you or access your private information when you're relying on the free public Wi-Fi available in hotel lobbies, coffee shops, bed-and-breakfast inns and airports. Fortunately, you can help protect your private information and your passwords by surfing smart when traveling. Here are some tips to protect your online activity as you explore new places.

What are public Wi-Fi risks?

Public Wi-Fi is not nearly as secure as the Wi-Fi you use at home or the online network provided by your employer. That's mostly because public Wi-Fi doesn't require authentication to establish a network connection. You might not even have to enter a password to log onto public Wi-Fi at airports, hotels, coffee shops, amusement parks, and retailers. While it's easy to log on to public Wi-Fi while waiting for your flight, relaxing in your hotel lobby, or in your favorite cafe, this ease of access, makes it easy for hackers to spy on your online activity. They can read the email messages you are sending, the forums you are visiting and, worst of all, the passwords you type while logging onto your online credit card portals and bank accounts.

How do hackers target public Wi-Fi?

Here's how this works: Hackers can position themselves between you and your Wi-Fi's connection point. When you cruise the internet, hackers can intercept whatever it is you are typing, viewing or downloading. Say you type in the password to your online bank accounts. Hackers can steal that. And if that's not bad enough, clever hackers can also send malware to your devices while you are online.

How to protect yourself while using public Wi-Fi

What is the best way to protect yourself from cyber-criminals when on the road? Don't use your mobile devices to connect to public Wi-Fi.

But if you do need to log on with your phone, laptop, or tablet, there are ways you can boost your security.

1. Use a VPN

A virtual private network, better known as a VPN, can protect you when you are using public Wi-Fi.

2. Be careful with the sites you visit

Never visit key financial sites when using public Wi-Fi. You should not check your bank account balances or pay your credit card bill online when using the public Wi-Fi offered by your hotel, an airport, or shopping mall.

3. Only visit secure websites

If you do use public Wi-Fi to surf the internet, only visit sites with URLs that start with "HTTPS" and avoid those with URLs starting with "HTTP." Why? The "S" in "HTTPS" stands for "secure." This means that the data on that website is encrypted, making it more difficult for hackers to access.

4. Select the most secure settings on your mobile devices

Before taking your trip, visit the "Settings" page of your mobile devices. Turn off any features that automatically connect your devices to available Wi-Fi networks. This will give you more control over when your devices are logged onto the internet.

5. Use many unique, complex passwords

It's tempting to use the same password at different sites. Resist this urge. If you don't, you face risks. If a hacker cracks the password to one of your accounts while you're traveling, they can use that same password at several other accounts to access them, too.

6. Don't forget to log out

When you're done visiting a website, log out. You should never stay permanently logged onto accounts when you're done with them. But this is especially risky when you're traveling and using public Wi-Fi.

- Thankx to Dan Rafter for NortonLifeLock

Life Wise

The best health advice you have ever received came from your mom when you were a toddler. It's to **wash your hands**. Studies show if everyone routinely washed their hands, a million deaths a year could be prevented. Hand-washing reduces the risk of foodborne illness, respiratory, and other infections.

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

Cooking in an Instant & Air Frying Class Open for Registration

Join us for our Cooking in an Instant & Air Frying class! This cooking class is a fun hands-on experience where you can learn four new recipes for your pressure cooker and air fryer. The recipes are inspired by Mexican cuisine!

We will be hosting this class at the UF/IFAS Extension office in Cocoa on May 31, with two time slots to choose from. Space is limited to 12 people per time slot. Materials are provided in class, and you will be able to eat what you make! Tickets are \$15 per person and ticket sales end on May 26 at 5 p.m.

Register on Eventbrite: <https://bit.ly/3PvMLoT>

For more information, please call (321) 633-1702 or email brevard@ifas.ufl.edu.

Port St. John Housewives Softball League Registration

The Port St. John Housewives Softball League is gearing up for another fun season! Don't let the name fool you...women of all playing abilities are invited to join our league. This is a great way to make friends and get some exercise.

**Sign-ups will be on Saturdays and Sundays,
May 21st and 22nd from 10:00 a.m. to 2:00
p.m. at Fay Park, east parking lot.**

The player fee for 2022 is \$50, which includes approximately 20 softball games, team shirt and end of year party and awards.

As of July 1st, you must be 19 years of age or older. You do not have to live in Port St. John to join our league. The season starts in July and continues through mid-October. Games are on Tuesday and Thursday nights at Fay Park.

For more information, call: Veronica Ordner, President, at 321-698-3863; Kim Myrick, Vice-President, at 321-536-1372; Angie Burris, Treasurer, at 321-480-1052; or Joan Sottoriva, Secretary, at 321-537-9605.

We are also accepting applications for sponsors and experienced umpires. You can also find us on Facebook www.facebook.com/PSJHSL.

Port St. John Public Library

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

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

All Brevard County libraries will be closed on Monday, May 30th in observance of Memorial Day.

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.

5/28 10 a.m.-noon: Pokemon Club of Port St. John. All ages welcome.

5/21: Community Baby Shower. See Youth Services desk for more information!

5/25 6 p.m.: Friends of the Port St. John Library Membership meeting.

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

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

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

There will be no story times the last two weeks of May as we prepare for the Summer Reading Program!

Former Parrish Health & Fitness Center To Become Orthopedic & Sports Medicine Center Of Excellence

Last April, Parrish Healthcare announced its plan to convert the former Parrish Health & Fitness Center, located at 2210 Cheney Hwy (Hwy. 50), into an orthopedic and sports medicine center of excellence. We are excited to share that construction is now underway.

Parrish Medical Group Sports Medicine Physician Anthony Allotta, DO, and Orthopedic Surgeon David Schafer, MD, are providing the clinical and programmatic oversight for this program. The center will include medical services, athletic training, physical therapy and rehabilitation services, injury prevention, treatment clinics and more.

Mortgage Interest Rates Rising

Just one year ago, a 30-year, fixed-rate mortgage averaged 2.94% with a few lenders offering even lower rates. Average long-term U.S. mortgage rates moved up again this past week, with interest on 30-year loans at its highest level since 2009. The new rates hit 5.3%. It's the highest level since 2009 as the Fed moves to fight inflation. The government has reported that U.S. producer prices are up 11% in April from April, 2021, a gain that indicates high inflation for consumers and businesses will be lasting a while.

The Federal Reserve raised its benchmark interest rate by a half-percentage point and signaling further large rate hikes to come. This is sparked by the worst inflation in 40 years. On Thursday, the government reported that U.S. producer prices soared 11% in April from a year earlier, a hefty gain that indicates high inflation for consumers and businesses will linger in the months ahead.

Not only will mortgage interest rise, the Fed's move will bring higher costs for credit cards, auto loans and other borrowing for individuals and businesses.

Last week the government reported that inflation eased slightly in April after months of relentless increases, but remained near a four-decade high. With inflation at a four-decade high, rising mortgage rates, elevated home prices and a tight supply of homes for sale, homeownership has become less attainable, especially for first-time buyers.

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