

HAPPENINGS

Weekly Edition
October 4, 2024

Enchanted Forest Sanctuary October Events



Nature Storytime - Wednesday, October 2, 10 to 10:30 a.m.
Geared towards ages 5 and under.

Theme: Stupendous Snakes!
Learn about snakes through fun activities and crafts. Registration required. Please call 321-264-5185 to sign up. NO SAME DAY

SIGN UPS.

Sanctuary School - Wednesday, October 9, 10 a.m. to 11 a.m. - Geared towards ages 6 through 12.

Theme: Stunning Snakes! Join us to learn about snakes through fun activities and crafts. Registration required. Please call 321-264-5185 to sign up. NO SAME DAY SIGN UPS.

Creepy Crawly Critter Night! - Saturday, October 12, 6:30 to 9:30 p.m. - Join us for a night of fun with creepy crawly critter games, guided night hikes, a glow trail, live animals and more! Registration required. Please call 321-264-5185 to sign up. **Space is limited**

Native Plant Sale - Saturday, October 19 at 9 a.m. Come and support the Sea Rocket Chapter of the Florida Native Plant Society's native plant sale. Find an assortment of native plants to beautify your yard and support wildlife!

Yoga in Nature - Every Sunday in October from 9:30 to 10:30 a.m. - Join local yoga instructors for a traditional class for all levels on the porch! Wear loose-fitting clothing and do not eat anything an hour before class. Bring water and a mat. Registration required no later than the day before class. Please call 321-264-5185. Space is limited.

Guided Hikes - Openings Sundays in October at 10 a.m. Enjoy a 45-minute guided hike. Please bring a hat, water and walking shoes. Based on staff availability. Registration required no later than two days before each Sunday. Please call 321-264-5185 to sign up.

Photo of the Month! We are looking for photo entries from our sanctuaries to be featured at our nature center. For more information and to enter your photos, please email teresa.nick@brevardfl.gov.



The Space Coast State Fair Returns on Halloween, Thursday, October 31 and runs through Sunday, November 17, 2024. Come out for some fun, food and a good time.

Special events will include:

- "The Wolves of The World Show."
- "Squawk The Amazing Bird Show" as seen on "America's Got Talent".
- Enter the Haunted House at dark. If you dare!
- Space Coast Pro Wrestling Slam Down – enjoy exciting pro wrestling November 1,2,3,8,9,10,15,16,17.
- The Benjamin Jackson Hypnotist Show!
- Meet Diana Rose & Join The Beneficial Bugs Ball.
- Professional Bull Riding Shows: Friday, November 15, 8 p.m., Saturday, November 16, 8 p.m., and Sunday, November 17 at 3 p.m.
- Meet "Pete The Cat", the children's fun TV character.
- The Michael Jackson "Thriller" Tribute Show every Friday of the fair: November 1, 8 and 15.

The Fair will be held at Space Coast Daily Park, 5775 Stadium Parkway, Viera. You can purchase tickets, view the list of attractions and special events, get the location and directions, and get contact information at <https://spacecoaststatefair.com/>.

Kids under 36" tall & Seniors 65+ are always FREE admission.

A Fast Pass option will be available for \$10.

Parrish Medical Center Board of Directors Vote No Taxes

For the 30th straight year, no taxes will be assessed to support operations of the North Brevard County Hospital District d/b/a Parrish Medical Center (PMC). PMC's Board of Directors voted unanimously during a public hearing on September 23, 2024 to establish the millage rate and budget for fiscal year 2024-2025.

PMC is an independent, public, not-for-profit hospital and state law gives the North Brevard Hospital District (d/b/a Parrish Medical Center) the authority to set a tax rate to support hospital operations. However, unlike most public hospitals, the PMC Board of Directors has for 30 years voted not to use tax dollars as a means of funding the hospital.

"Parrish Medical Center takes pride in being recognized as one of the nation's finest healing environments and is committed to providing exceptional healthcare services without relying on taxpayer funding," said Robert Jordan, PMC Board Chairman. "We are pleased to continue to take this position on behalf of the community we serve while also investing tens of millions of dollars back into North Brevard each year through various philanthropic opportunities. We remain grateful for a community that continues to support Parrish Medical Center. Just as our community supports us, we will continue to support the community and residents we have the honor of caring for," concluded Jordan.

Swimmer Sets New Record

PSJ resident and Space Coast HS swimmer Tommy Wyman broke the 15 year old school record in the 100-yard Butterfly on September 21st at the TOI Invitational at Indian River State College. The new record is 57.44 seconds. Today.

The year isn't over yet and Tommy is still swimming!



Battling the Myths of Mammography

Myth 1: Insurance won't cover it, or I won't be able to afford the co-pay/deductible.

"Mammography is usually covered under most health plans, including Medicare, once a woman reaches an age determined by the insurer," says Shannon Luker, RN, BSN, Parrish Healthcare Oncology Navigator. If you have Medicare and are age 65 or older, Medicare pays for most of the cost of a screening mammogram every 12 months. Parrish Healthcare offers low cost options for non-insured women during the month of October.

Myth 2: The test is too painful.

Yes, the test can be a bit uncomfortable, but most women don't consider it painful. Compression helps hold the breast still, evens out the breast tissue and allows lower doses of X-ray to be used. If you feel pain, speak up. The technologist may be able to lower the compression and relieve some of the pressure on your breast. And remember that any discomfort is brief; the actual X-ray takes less than a minute.

Myth 3: I just don't have time.

From start to finish, the three-dimensional (3D) mammogram offered at Parrish Healthcare takes 30 to 45 minutes. State of the art technology, such as this, makes it easier for providers to diagnose certain types of breast abnormalities, especially in women with dense breasts. The result? Early detection and better outcomes reduce the number of deaths from breast cancer for women ages 40 to 69, especially those older than 50.

Myth 4: Breast cancer only affects older women.

Breast cancer can occur at any age. Additional factors that may raise your risk include obesity, heavy alcohol consumption and a sedentary lifestyle.

During the month of October, Parrish Healthcare offers low-cost mammograms to women who are self-pay or non-insured. For questions, additional information or to schedule a mammogram, call 321-268-6111, ext. 6150.



\$60 MAMMOGRAM SPECIAL

Call (321) 268-6111 ext. 6150 to schedule

Parrish Medical Group Welcomes Advanced Practice Registered Nurse Angela Anthony

Parrish Healthcare and Parrish Medical Group are pleased to welcome Advanced Practice Registered Nurse (APRN) Angela Anthony. Anthony joins Parrish Medical Group's Occupational Health practice, located inside Parrish Healthcare Center at 5005 Port St. John Parkway, PSJ.

Anthony received her Master of Science in Nursing degree from the University of Central Florida in Orlando, Florida and her Bachelor of Science in Nursing degree from Fayetteville State University in Fayetteville, North Carolina.

Anthony has more than 20 years of diverse nursing experience including an extensive background in cardiovascular disease and spending five years as a nurse practitioner in an occupational health setting. Some of her clinical specialties include treating work-related injuries and illnesses; ordering, performing and documenting comprehensive adult physicals; psychological and developmental assessments; making diagnoses and initiating treatment plans; performing occupational vision and hearing screenings and educating her patients. Anthony also enjoys developing and implementing health and safety programs as well as prevention programs such as smoking cessation and healthy eating.

For more information about Angela Anthony, Parrish Medical Group or occupational health at Parrish Healthcare, visit parrishhealthcare.com/anthony.



Angela Anthony, ARNP

County Commission Approves \$1.23 Million Grant For Amphitheatre at Veterans Memorial Park

Brevard County Commissioners recently approved a \$1.23 million grant for the Amphitheatre at Veterans Memorial Park on Merritt Island. The amphitheatre will be built on the grounds of the Veterans Memorial Park and will include 1,700-square-foot of concession and restroom facilities. The grant will be provided by the 5% tourism tax. When complete, the total cost will be about \$8 million.

The Amphitheatre at Veterans Memorial Park on Merritt Island will feature acoustical engineering with an estimated tiered lawn seating capacity of 2,350 and over 5,000 including adjacent park areas. A scheduled completion date is early-mid 2025. Some of the amenity of the new facility includes:

- Acoustically engineered with an estimated tiered lawn seating capacity of 2,350 and over 5,000 including adjacent park areas
- Amphitheatre performance stage, green room, vendor docking and storage facilities, electrical infrastructure and stage lighting and digital performance level sound production
- Concession facilities and picnic seating, parking, walkways and restrooms

- The park is designed to handle inclement weather through a 24-acre master planned onsite stormwater lake
- Handicapped accessible parking
- Landscaping, irrigation and sight utilities (power, water, sewer, data/communications)

The amphitheatre was conceived through a partnership in the late 2000's when the Brevard County Parks and Recreation Department received an \$800,000 grant from the State of Florida Communities Trust for Veterans Memorial Park Improvements, and the Merritt Island Redevelopment Agency (MIRA) contributed \$400,000 towards the expansion. The 6,000 square foot amphitheatre will include 1,700-square-foot of concession and restroom facilities. Most recently, MIRA was successful in obtaining a \$1.3 million grant from the Brevard County Tourist Development Council, matched by a \$1 million investment from MIRA to complete the amphitheatre project.

According to an economic impact study conducted by MIRA, the new facility is projected to generate more than 11,500 room nights and account for more than \$6.9 million of revenue flowing into Brevard County hotels and restaurants. The park will be operated by Parks and Recreation.



Community Harvest Festival

Our Annual Community Harvest Festival is coming! The Harvest Festival at First Baptist Church of Port St. John will be on Thursday, October 31st from 5:30 - 7:30 p.m. There will be food, free candy, free games, Bounce Houses, Cake Walk, music and as usual, Trunk or Treat. Please join in the fun!

Please call the church office weekdays from 9 a.m. - 1 p.m. with questions. First Baptist Church of Port St. John is located at 3900 Fay Blvd., PSJ. Our website is: www.firstbaptistpsj.org.

Meanwhile, In Outer Space...

Europa Clipper is scheduled to launch on October 10th on the first mission to conduct a detailed study of Jupiter's moon, Europa. There's scientific evidence that the ingredients for life may exist on Europa right now. Europa Clipper's main science goal is to determine whether there are places below the surface of Europa that could support life.

The mission's three main science objectives are to understand the nature of the ice shell and the ocean beneath it, along with the moon's composition and geology. The mission's detailed exploration of Europa will help scientists better understand the astrobiological potential for habitable worlds beyond our planet.

With its massive solar arrays and radar antennas, Europa Clipper is the largest spacecraft NASA has ever developed for a planetary mission. The spacecraft has large solar arrays to collect enough light for its power needs as it operates in the Jupiter system, which is more than five times as far from the Sun as Earth. The spacecraft will be about 16 feet in height. With its arrays deployed, the spacecraft spans more than 100 feet and has a dry mass (no propellant in the tanks) of 7,145 pounds.

Because Europa is bathed in radiation trapped in Jupiter's magnetic field, Europa Clipper's payload and other electronics will be enclosed in a thick-walled vault. This strategy of armoring up with a radiation vault was developed and successfully used for the first time by NASA's Juno spacecraft. The vault walls – made of titanium and aluminum – will act as a radiation shield against most of the high-energy atomic particles, dramatically slowing down degradation of the spacecraft's electronics.

Fay Lake FestiFALL & Chili Cook-Off



Come to Fay Lake Wilderness Park on Sunday, November 3rd. Bring the family! Enjoy cooler weather and the start of the holiday season at Fay Lake with Food Trucks, including Amazing Italian Ice & More, Country Kettlers Korn, Fruity Licks, Just Cupcakin' Around, Kona Ice Of North Space Coast, Notorious Pig, Pop's Chicago Style Eats, Reel Cajun Cookin', Rineboi Churrasco Grill, SLO-BONACOB, Taste Budz by Chef Moe and The Shermanator Fried Kitchen.

Also at the event will be craft and business vendors to get a start on your holiday shopping for unique gifts, and for the kids there will be Bounce Houses, Hayride, Photo-Op, entertainment, and of course, our annual Chili Cook-Off where you can sample many different favorites. And a few surprises! Visit our website for all the details and to register as a Craft or Business Vendor or to compete in the CHILI COOK-OFF: <https://portstjohncommunityfoundation.com/events.html>.

To kick off the PSJCF Fay Lake FestiFALL, we will be partnering with the Space Coast Thanksgiving Basket Brigade with a Food Drive. We are asking local businesses to place a basket (supplied by the Space Coast Basket Brigade) in their business to collect the items needed for this year's Space Coast Basket Brigade to make it as successful as in years past. Many families in need depend on these non-perishable food items so they will be able to have a traditional Thanksgiving meal. Hundreds of families in Port St. John receive these baskets. Please contact us if you would like to help those in our community and throughout Brevard have a HAPPY THANKSGIVING. Email us at: Admin@PortStJohnCommunityFoundation.com. If you would like to join us as a volunteer and work with us on this event, visit www.facebook.com/groups/psjcfvolunteers.

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