

HAPPENINGS

ISSUE NO. 340

SEPTEMBER 2018

SERVING PORT ST. JOHN & CANAVERAL GROVES

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



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

The current and last issues are on the website.

www.happenings.net

Space Coast High School Homecoming

Mark your calendar now! It's long overdue and it's Happening at last. Space Coast HS is having a Community Pep Rally and their very first Homecoming Parade on Thursday, September 20th.

The Parade will start at 6 pm and will go from the front entrance of the school to the football field. Put your chair out and watch them walk by - get a piece of candy and then follow them into the football field and take a seat. It will involve all school sports, clubs and programs. Spectators, please line up on the sidewalk in front of Space Coast High School to see our outstanding clubs and sports teams.

I know we have a LOT of alums here in PSJ and the Groves. We will follow the parade of students to the football stadium for recognition of our fall sports, with special recognition to a couple of our community members for their donations, contributions and continued support.

The parade will end in the football field, where the Homecoming Court will be announced. We will also build spirit to cheer our hometown team

on for the Homecoming game against Poinciana HS at 7 pm on Friday, September 21st. As long as you're cheering our home team, everyone is invited back to the Homecoming game!

You can contact the school front office or Parent Leadership Team members Hyacinth Price, Hprice13@gmail.com, 321-863-6121 or Becky Ohlinger - ronbeckyohlinger@hotmail.com, 443-766-9678.

Hope to see you there! It's starting small this year, but it has lots of room to grow. Be a part of your home team!

**HAPPENINGS AND
THE CHRISTMAS
PARADE COMMITTEE
WISH YOU A GREAT
PARADE AND A WIN
ON FRIDAY!**

Port St. John Businesses Help Spark Viper Spirit!

As Space Coast Jr/Sr HS prepared for a new school year and welcomed teachers back, several local businesses in Port St. John stepped up to the plate and helped bring some school spirit to our teachers. Our Parent Leadership team went out to our local businesses asking for donations to welcome teachers back. These included gift cards to Dunkin Donuts and Scoops Ice Cream, gift certificates to Nails & Spa Salon and Jenna's Nails, a flower arrangement by Greenhaus Flowers, car wash items from Advanced Auto Parts, free training session by Kathy Camick, and a gift certificate for car detailing from Flawless Finish.

On behalf of our teachers and staff, a huge thank you to all these businesses for taking time to say, "thank you" to our teachers through their generous donations. We will be recognizing these businesses during a football game in the near future. We hope you help support these wonderful businesses for supporting education.

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PSJ Community Center Schedule - September, 2018

The center is open Mondays–Thursdays from 10 AM to 8 PM, Fridays from 9 AM to 6 PM, Saturday 10 AM-2 PM Schedule is subject to change. For latest information or to register, call 633-1904.

Mondays – Fridays

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

Mondays

Center Closed Sept. 3rd, Labor Day Holiday

Outside Basketball, 10 AM-8 p.m.

Community Cares After School Program 2:30- 6

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 P.m.

Zumba (Adult Class), 6-7 p.m.

Tuesdays

Outside Basketball, 10 AM-8 p.m.

Community Cares After School Program 2:30- 6

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 p.m.

Girl Scout Troop, 1902 4-5 p.m.

Girl Scout Troop, 276 6-7 p.m.

Wednesdays

Outside Basketball, 10 a.m.-8 p.m.

Dream Weavers, 1-4 p.m.

Community Cares After School Program 2:30- 6

Computer Lab, 3-8 p.m.

Teen Billiards, 3-8 p.m.

Zumba (Adult Class), 6-7 p.m.

Thursdays

Outside Basketball, 10 a.m.-8 p.m.

Community Cares After School Program 2:30- 6

Computer Lab, 1:30-8 p.m.

Teen Billiards, 1:30-8 p.m.

Tai Chi, 6-7 p.m.

Cub Pack 704, 6-7 p.m.

Fridays

Outside Basketball, 10 a.m.-6 p.m.

Community Cares After School Program 2:30- 6

Computer Lab, 1:30-6 p.m.

Teen Billiards, 1:30-6 p.m.

Saturdays

Outside Basketball, 10 a.m - 2 p.m.

Game Room/Computer, 10 a.m. - 2 p.m.

Community Cares – After School Program

Port St. John Community Center staff will pick up children from Challenger 7 Elementary every school day and transport children back to the community center. This program will include homework time, snack and outdoor activities. The cost of this program is \$45 per week per child. Children in grades kindergarten through 6th grade are eligible to participate. Space is limited in this program to a maximum enrollment of 13 children. Register your child by contacting the community center today at 321-633-1904!

Tai Chi - When learned correctly and performed regularly, tai chi can be a positive part of an overall approach to improving your health. Classes are to be held on Thursdays 6-7 PM, \$6 per class (1st class free). Be sure to wear comfortable clothing. For more information contact Tom Abbott at (321)208-7148 or the Port St. John Community Center at (321)633-1904.

Zumba Classes - Zumbia incorporates rhythms of Latin and International music to high energy aerobic/fitness dance movements. Zumba tones the body by integrating basic principles of movement and resistance training. Ages 12 years to adults. Classes are Mondays and Wednesdays at 6-7 PM \$5 per class. Call 321-633-1904.

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Good Day! by Maureen Rupe Port St. John Fay Blvd Rezoning Request

A rezoning request came before the Port St. John Planning & Zoning Board on August 8th. The request was for a 1.78 acre parcel to be rezoned from Industrial – Low Intensity/ Residential 4 to BU-1 on property between Fay Blvd. and Balfern Street. The property is owned by the Christian Alliance Church on Fay Blvd. There is an intended General Dollar Store to be built on the property, which means two within a short distance of each other. The rezone was unanimously recommended to be denied by the PSJ P&Z board.

Reasoning: The property is adjacent to residential properties on the north and south east side, and Challenger 7 Elementary to the south. There is another similar store a very short distance from this property, and there was concern of additional traffic for kids walking to or from school. There wasn't a good reception for more intense business use for a Dollar Store in this location from the Planning & Zoning Board.

This still must come before the County Commission. The residents around this rezoning are

planning to attend. The applicant for Christian Missionary Alliance, S.E. District has requested an automatic tabling from the August 20th LPA meeting (for the small-scale amendment), but both the small-scale amendment and rezoning requests will be at 5 pm on October 4th at the County Commission Chambers, Government Building C, in Viera. The Commission will make the final decision.

Willow Creek

I wrote about Willow Creek months ago; a development about ½ mile north of Port St. John on Grissom Pkwy. (where all the 18-wheelers park). There's a picture in the July, 2018 edition of Titusville Talking Points, www.titusville.com/talkingpoints, but it is really hard to read, so I didn't add it, but did add the words in the article: "A sketch plat has been approved for a 70-lot single-family home subdivision located west of Grissom Parkway, south of Shepard Drive. The next step in the process is the submittal of the Preliminary Plat/Engineering Plans.


Titusville Sewage Spill vs. Nutrient Removal Grants

Florida Today reported on July 31, 2018, the

Titusville Osprey Water Treatment Plant spilt an estimated 870,000 gallons of raw sewage into the Indian River Lagoon from an improperly abandoned pipe that was supposed to be inactive 40 years ago. There's no telling how much that cost residents of Brevard when, using words from Titusville, "The Lagoon is in danger.... The decline of the lagoon can potentially endanger the local economy and negatively impact the quality of life for the community. The City of Titusville Handout titled, "Restoring the Indian River Lagoon, The City of Titusville's Efforts to Save the Lagoon," talked about receiving "\$8,000,000 in grants from Brevard County Save the Lagoon Fund."

These are funds from the self-imposed tax to save the Indian River Lagoon. The funds are to remove nutrients from their reclaimed water down to a level that can be absorbed by lawns and grasses. It stated the reclaimed water they produce now is more than can be absorbed, and it goes into the ground water where it flows to the lagoon and encourages algal blooms.

Not only that, four days after spilling nearly a million gallon of raw sewage into the Indian




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River Lagoon, they declared everything was satisfactory. How did they determine this?

The Brevard taxpayers deserve better than this.

And isn't there reclaimed water throughout the county? Are all reclaimed waters above nutrient level to absorb by lawns and grasses? This can also be said concerning all the bio-solids put out from all the sewage plants along the Indian River Lagoon. They spread AA bio-solids and do not track the amount that is spread, as it is called fertilizer, and I'm sure they don't stop during the summer months like they tell us residents to stop.

I'm sure the cities are following state law, but nitrogen/phosphorus fertilizer is supposed to be banned throughout the summer months. The cities and county need to be told they aren't above their own laws. If what Titusville is saying is true, the winter months are as much of a concern if we have more nitrogen and phosphorus running through the ground water into the Indian River Lagoon, and for that matter, the Saint Johns River. Is it not showing the same symptoms due to the increased water flow? See in my article, "Florida's Polluted Water." We are

close to ruining all the water in Florida. What will our property be worth living next to a continuous giant sewer throughout the state?

Reference:

<http://www.titusville.com/talkingpoints>

<https://www.floridatoday.com/story/news/local/environment/lagoon/2018/07/31/titusville-sewage-spill/870337002/>

Florida's Polluted Water

I know everyone has seen and heard the issues we have with pollution in the Indian River Lagoon, but the entire state has been moving in this direction for a very long time. I read in a 06/20/18 opinion by Robert Kennedy titled, "Florida's water laws have not been enforced." It described the remarkable characteristics of Florida when he said, "Originally blessed with more than 1,200 miles of coastal shorelines, 20 million acres of freshwater wetlands, 7,700 lakes, 11,000 miles of streams, and at least 1,100 artesian springs and their spring runs, the geography of Florida is about water." Robert Knight serves on the executive committee of the Florida Springs Council. His description sounds so amazing and I cannot understand how we have mistreated this

blessed place where we live. The editorial was overly concerned on the way Florida relies on Best Practices to protect our waters.

Robert Knight states, "But now in 2018 it is painfully evident that Florida's water laws have not been enforced. FDEP reports that nearly 27,000 water body segments are not meeting standards. Red tide is killing fish and manatees off both coasts; guacamole-thick algal blooms are wreaking South Florida's natural resources economy; the Everglades, Florida Bay and the Florida Keys continue to be polluted by nutrient runoff; and thousands of Florida lakes, rivers and springs are officially impaired by excessive nutrient concentrations.

While water pollution results in great ecological and economic harm affecting everyone, the Florida Legislature, with the power to stop the downhill slide, is more responsive to the voices of agriculture and urban development than to concerned citizens. Fish and wildlife suffer the most, with declining populations due to loss of habitat."

The article also attacked Florida's Department

cont., next page

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STEVEN ALLENDER

Good Day!, cont.

of Environmental Protection (FDEP or DEP) adoption of Basin Management Action Plans (BMAP) for 24 of the largest springs that rely on Agriculture to use Best Practices to protect these springs to reduce nitrate nitrogen concentrations. It stated as an example Santa Fe Springs BMAP, which did the same, showed no reduction using these "Best Practices." The Florida Springs Council recommended "curtailing fertilizer use in vulnerable karst areas by 80 to 90 percent." The editorial stated currently there are more than 1 billion pounds of nitrogen-containing fertilizer used per year in Florida's spring areas.

Ocala.com did a 07/31/18 editorial saying the same thing. Three years ago, DEP had set goals to reduce nitrate and these Basin Management Plans are being challenged by a dozen individuals and groups around the state. Some of challengers are from the Florida Homebuilders Association that says it's going to cost too much to install nitrogen-reducing septic systems that cost more. On the other hand, environmentalists are saying the BMAP doesn't go far enough, since these Agriculture Best Practices haven't reduced our

water's contamination at all, let alone these arbitrary percentage levels.

Ocala.com stated DEP has put BMAPs on hold, but DEP says it is only tweaking the BMAPs without seriously addressing nitrate pollution or enforcing rules on yard fertilizer, septic tanks or agriculture runoff. Our waters will continue to be imperiled and tainted.

Our economy, our health and our quality of life now depend on what each of us do to save Florida.

Reference:

<http://www.gainesville.com/opinion/20180620/robert-knight-floridas-water-laws-have-not-been-enforced>

<https://www.cltampa.com/news-views/environment/article/20998738/water-pollution-florida-clean-air-act>

Solar Power

Have any of you thought about putting in solar power? Advantages: Pollution free; reduces dependence on oil; power available every day, even on cloudy days; virtually no maintenance; creates renewable jobs; excess power can be sold back to the power company; safer than traditional

power. We got a 5-kilowatt Solar System in February, and it has reduced a large amount of our power bill.

Panther Ridge

I remember stories being told back in the early 1980's about a panther still roaming between Port St. John and Canaveral Groves. A panther was seen occasionally, but eventually disappeared. Panthers need 200 square miles to roam and prosper. Panther Ridge is a new subdivision about a mile south of Canaveral Groves Blvd., where they have completely clear cut the entire property, destroying acres and acres of trees and wildlife. It's a shame these large developments destroy wildlife habitat and then name their streets, such as "Tortoise Way," Scrub Jay Road," and "Song Bird Court." It's terrible that we can't seem to co-exist.

Appropriate

I remember a song by Bob Dylan, big in the 60's, that we sang at London "Ban the Bomb" marches (that was an exercise in futility). The words still seem appropriate today, but from an environmental point of view. "I've stepped in the middle of Seven Sad Forests. I've been out in front of a dozen dead oceans where the pellets of poison are flooding their waters. It's a Hard Rain a' gonna' fall." Bob Dylan, 1963.

Cheerio,
Maureen Rupe
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Erin Brockovich Investigating Brevard

From Erin's Facebook site:

Bevard County Residents... and Cancer Survivors... we are investigating, this can be fixed...

We are as concerned about the chemicals found in the local water supplies today as historically. Chemical contamination like this is not exclusive to any particular chemical in this setting. You deserve more answers, better answers... the TRUTH.

I am in Australia working... My water guy, Bob, has been working hard on this issue for several weeks now. Bob is coordinating his schedule working with Fort Lauderdale, Stuart and the Lake Okeechobee algae bloom disaster. We will be down in September meeting with the community groups.

Cub Scout Information Night

An Information Night will be held on September 12th at 6:00 pm at Atlantis Elementary. Cub Scouts is a family organization for ages kindergarten through 5th grade. Cub Scouting is part of the worldwide Scouting movement and aims to promote character development, citizenship training, and personal fitness.

Cub Scouting is more than just an activity. It's



adventure, learning and discovery around every corner. From STEM to exploring the outdoors, your child will be on the path to discovering their very best "future self"- and they'll have fun doing it!

Find out more on September 12th at 6:00 pm at Atlantis Elementary School. For more information email: psjpack359@gmail.com



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Words to Remember in September

"We don't have to engage in grand, heroic actions to participate in the process of change.

Small acts, when multiplied by millions of people, can transform the world." -Howard Zinn

These words speak volumes when it comes to community. UNITY is within the word community. It is ever present in events, gatherings, churches, groups and families. Just because we disagree doesn't mean someone is right and someone is wrong. What it means is that we, as individuals, have the capacity to think differently based on our values and beliefs. It's inevitable.

Our society is full of 'throw away' items; even relationships. We live in an age of convenience and entitlement. We may often find ourselves in conflict over what we value. We should protect what we value, whether it's a belief or an unlocked vehicle with valuables inside.

I'm going to ask that citizens be respectful of each other with the understanding that it's absolutely okay to agree to disagree. Let's try to be open to someone else's point of view without losing our sense of what's right and just. We can all agree that what we value and hold to be true is what matters most.

Conflicts of interest will occur. Expect it. It's how we handle them that matters. It's a direct reflection on us as individuals, not our parents, teachers, coaches, pastors or anyone else. We tend to pick and choose what we believe based on our life experiences. It's important to be respectful to others. You don't know what they're going through, what they've experienced or why, nor

should you try to control their decisions based on your experiences and beliefs.

As we reflect on the events of 9/11, which became Patriot Day, we should understand that religious beliefs and political motives were a major factor in the turn of events that ominous day. Forgiveness for some may not be an option, but for others it means closure.

A life is a terrible thing to waste. We must choose wisely and with conviction for our future depends on it.

~ Neighbor Nell

Free Smoke Alarms

Brevard County Fire Rescue is offering free smoke alarms to Brevard County resident families. You can download a form by following these steps:

Go to www.brevardfl.gov. Go down the page to departments and click Fire Rescue. Click the Fire Prevention icon. Under Fire and Life Safety Inspections, you will see the the application form.

Fill out the form and send it back to the department, and someone from the department will contact you to schedule a time to come out and install the smoke alarms.

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, September 13th, 2018, at 5:00 p.m. The meeting will be held in the Brevard Room at 518 South Palm Avenue in Titusville. The public is invited to attend.

The Brevard Room is located in a building on the north side of the parking lot behind the Brevard County Government Center-North.

For questions call Jeff Davis at 264-5105.

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Rose's Room

A brother is a brother forever.

I recently read a magazine article on how to rear the perfect child. The author claimed modern children have many choices to make and should be guided to make the right ones. Any mother knows children have had choices to make since the whole Cain and Able thing...

Growing up in pre-air-conditioned Florida, I had all kinds of choices to make. I could choose to go outside and play in the cool water with my younger brothers or stay inside complaining how hot and bored I was until my mother found something constructive for me to do, usually involving not-so-cool water and a mop.

When they were wrinkled and bored, I could choose to allow my brothers to tag along with my friends and me or chase them back home knowing they would tattler. When the inevitable tattling occurred, I could choose to clean the bathroom or hang a load of clothes on the line before spending the rest of the afternoon alone in my room without television or radio. Alone in my room I could choose to lie on the cool floor reading comic books, or position myself next to the window with a big pitcher of water and wait for my brothers to press their faces into the screen and snicker at me.

I could choose to face my mothers angry eyes and crossed arms in wide-eyed innocence and declare I had no idea how the poor darlings got all wet, or suggest since they were wet anyway, perhaps they would like to play under the sprinkler in the back yard.

Even at my advanced vintage I still have choices concerning my siblings. I can choose to harbor ill will and close the communication window, or throw it open and welcome any and all moments we spend together. Extending an invitation to come down so we can spend time together for no special reason, I had to follow it up with a few nagging phone calls before a brother agreed. I'm surprised at how giddily I'm waiting.

The price of a good, sturdy two gallon pitcher raised my eyebrows a bit also...

While preparing for this once in a great while sibling visit I began to notice a few unwelcome differences besides the physical ones. Everywhere I searched I found that scrawny, round, seedless watermelons have replaced the big,

oval, so-ripe-its-ready-to-pop, seeded beauties. You can't have a southern summer without a full size watermelon. I'm sure there must be a law somewhere. It just ain't natural! I refuse to buy them, they cost as much, or more, as a full sized melon, they have almost no taste, and what's a watermelon without seeds? The younger generation should be demanding the seeds be put back in.

Think about it kids, is there anything else in the world that you are not only ALLOWED to spit, but they even hold contests to see who can spit the best!

During my watermelon "Quest/Rant" a few other things that have been changed for no discernable reason have come to mind. 'They' also did away with the seeds in grapes. Granted, no one was fond of grape seeds. The crunch when you chewed one was unpleasant and they didn't spit worth shucks, but where in the world do new grapes come from if there are no seeds?

Produce is not the only place un-needed changes are taking place. Easy chairs no longer come with just an arm on the side that you pull back to recline and push forward to sit up. You now have computers beneath your tush that tell the chair who is sitting in it so it automatically adjusts to their programmed firmness and recline position. I am very uncomfortable with having my tush read. I am afraid the chair will yell "Whale" and the TV will start throwing frozen halibut up in the air.

I have become CEO of the "What The Heck Did You Go And Do That For?" Coalition. As any good C.E.O. would, I am implementing two initiative programs. The first is to enlist reader's assistance in compiling a list. If there is something you feel has been changed for no good reason, e-mail me and I will add it to the list.

The second is, of course, to give myself a raise.

Some things will never change.

~ Rose Padrick

rosepadrick@gmail.com

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Combined Viera High and Space Coast Jr/Sr High FCCLA Members Attended National Leadership Conference

Students joined more than 7,500 FCCLA student leaders, members and advisers at the Georgia World Congress Center in Atlanta, GA June 28 – July 2 to participate in the annual FCCLA National Leadership Conference (NLC). The conference provided students opportunities to come together for energizing learning while listening to inspiring speakers, expanding leadership skills, sharpening talents, and exploring career pathways. The theme of this year's conference was "Inspired by FCCLA", which inspired attendees to make the right choices and commit themselves to making a positive impact within their families, schools, FCCLA, and communities.

"Our National Leadership Conference was a great success this year, with a record-setting attendance of over 7,500 members, advisers, partners and guests. During the week we watched thousands of students come together and realize their full potential through competition, career training, and workshops. The relationships developed and training experienced during this conference have empowered students to go into their schools and communities and make a difference, bringing with them the values and passions FCCLA brings to our members," said Sandy Spavone, executive director of Family, Career and Community Leaders of America.

Daniella Fox, Alexis Granchi, Emoree Luchten, Kylie Mulligan, Emma Scheinbart and Leila Senechek from the VHS/SCHS chapter participated

in one of 30 Family and Consumer Sciences related competitive events offered at NLC, including STAR (Students Taking Action with Recognition) Events and the FCCLA/LifeSmarts Knowledge Bowl. These events support foundational, leadership, and workplace skills in areas such as advocacy, culinary arts, and entrepreneurship.

Competing with over 4,500 STAR Event participants in Atlanta, Daniella, Alexis, Emoree, Kylie and Emma achieved silver awards while Leila achieved a gold award in her category. Also, during the week, Danajean Hosmer attended the FCCLA student leadership academy training.

Enchanted Forest Homeschool Programs

Nature Time for ages 5 and under

Life in a Log, Tuesday, Sep. 4th, 10:00 -10:45

Get hands on as we dissect a rotten log to learn about the kinds of insects that live inside! Create your own bug and even get a chance to try out some edible insects if you dare!

Sanctuary School for ages 6 through 12

Life's a Competition, Tuesday, Sep. 11th, 10:00 -11:15

Work like a biologist as we survey the sanctuary for native and nonnative lizards! Learn how data is collected and presented in science. Students will explore the principles of competition and how it plays out in nature.

September Homeschool class registration is open! Call 321-264-5185 to reserve your spot. Enchanted Forest Sanctuary. 444 Columbia Blvd.

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Monthly Tax Update

Now is the time to fund your Individual Retirement Arrangement (IRA) and that could lead to questions. Here are a few IRS tax tips about saving for retirement using your IRA.

First, if you participate, or may be permitted to participate, in an employer retirement qualified plan, your understanding of the Adjusted Gross Income limits is required. If your spouse is permitted to participate, or may be permitted to participate, in an employer retirement qualified plan, then there is another set of Adjusted Gross Income limits applicable and your understanding of these limits are required.

Okay, next, your age comes into play. You must be under the age of 70½ at the end of the tax year to permit you to contribute to a traditional IRA and there is no age limit for the Roth IRA.

You must have taxable earned wages to contribute to an IRA. This includes income from wages, salaries or net self-employment income. It also includes tips, commissions, bonuses and alimony. If you are married and file a joint tax return, only one spouse needs to have compensation in most cases.

The timing of your contribution is also important. You can contribute to an IRA at any time during the year. To count for 2018, you must contribute by the due date of your tax return. This does not include extensions. That means most people must contribute by April 15, 2019. If you contribute between Jan. 1 and April 15, make sure your plan sponsor applies it to the year you choose (2018 or 2019). There are also contribution limits. The most you can contribute to your IRA (Roth or Traditional) for 2018 is the smaller of your taxable earned wages or net self-employment income for the year or \$5,500. If your age will be 50 or older at the end of 2018,

then the maximum you can contribute increases to \$6,500 or earned wages or self-employment net income. The \$5,500 or \$6,500 is the maximum contribution allowed to your Roth, or your Traditional, or if you contribute to both, added together. If you contribute more than these limits, an additional tax will apply. The additional tax is 6 percent of the excess amount you contributed over the permitted amount, unless you recharacterize the contribution before April 15, 2019.

Let's change gears now to repealed deduction you can no longer claim on your 2018 tax return, unless Congress changes the laws again.

- 1) No longer are personal exemptions deductible for yourself, your spouse or any dependent.
- 2) Home equity loan interest is generally limited to the mortgage interest on debt used to acquire your home to \$750,000.
- 3) Moving expense deductions is eliminated for most taxpayers.
- 4) All Miscellaneous Itemized deductions, subject to the 2% of the Adjusted Gross Income floor, are no longer deductible. This includes unreimbursed employee expenses, tax preparation fees (This does not pertain to the business deduction for accounting services), investment advisory fees, IRA custodial fees, continuing education fees, and many others.
- 5) Casualty and theft losses due to disasters

are no longer allowed unless your disaster area is deemed a Presidential Federal Disaster area. Be careful and follow the instructions carefully.

This is very brief overview. For details and specific assistance in applying the general information in this article, call us at your earliest convenience or contact your tax advisor. Provided by Tracey C. Higginbotham, E.A., (321) 632-5726, a member of the National Society of Accountants.



Come One Come All Families to Family Movie Night at First United Methodist Church, 1165 Fay Blvd. Port St. John on Friday, September 7th, 6 PM.

Movie: "Evan Almighty" A newscaster leaves Buffalo behind when he wins a seat in Congress. Moving his wife and family to northern Virginia, he seems to have it made, then God throws a crisis of biblical proportions at his feet: The Lord wants him to build an ark and line up all the animals two-by-two in preparation for a flood.

All are welcome. It's FREE to watch. FREE Pizza & Popcorn!

If you have questions, call the church office at 321-631-0183

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They're a marvel of divine engineering. Your bones make up only about 15 percent of your total weight, but they're strong enough to support your entire body. Given the role your bones and joints play in keeping you mobile, caring for them is critical. By knowing how the body changes throughout life, possible red flags and healthy strategies, you'll be able to maintain strong bones and joints well into those golden years.



The Teens

► **On the inside:** Throughout the teen years, new bone tissue is added faster than existing bone is absorbed. As a result, bones become larger and heavier (until about age 30, when a person reaches peak bone mass).

► **Watch out:** As a teen, you really have to build a strong skeleton. Because of this, teenagers need to focus on healthy eating and drinking habits. While calcium is essential for strong bones, only 14 percent of girls and 36 percent of boys get the recommended 1,300 milligrams of calcium daily, according to the USDA. Compounding that problem, today's teens drink twice as much soda as dairy or calcium-fortified beverages.

► **Healthy advice:** To build bone mass and joint strength at a young age, children should be active. Teenagers should embrace activity every day—in the right way. That means sedentary children should get moving, and the ones who are overactive may need more balance.

Your 20s and 30s

► **On the inside:** From childhood into your 20s, your bones continue to grow as new bone tissue formation outweighs bone loss. By your late 20s, your bones are as strong

and thick as they will ever be. Build as much bone as possible now and you'll lower your chances of osteoporosis. That's because after age 30, both men and women begin to lose a small amount of bone mass each year.

► **Watch out:** A risk of arthritis increases. The most common type of arthritis is osteoarthritis, which affects an estimated 31 million Americans. Arthritis is the nation's No. 1 cause of disability.

► **Healthy advice:** Exercise is the closest thing to a fountain of youth that we have. There are so many tremendous benefits for your body. It doesn't have to be planned exercise in the gym. Just getting moving is important. Eating right is also essential. According to a report in the *Journal of the American College of Nutrition*, dietary protein is a key nutrient for bone health.

Your 40s

► **On the inside:** Your body's soft tissues, such as ligaments, are made of collagen. With age, the collagen fibers can dramatically change. Additionally, during perimenopause, bone density changes, and women typically lose more bone mass than they build. That's because estrogen production declines during this period.

► **Watch out:** A lot of adults experience common "tight" joint spots, including around the hamstrings, lower back, calves and front of shoulders. So, that hobbling you experience right out of bed in the morning may be a warning sign: Get more calcium and vitamin K.

► **Healthy advice:** With age, you need to spend more time working on flexibility, so start a good daily stretching program. Regular exercise keeps your body young. Motion is lotion. Weight-bearing exercise is also key at this life stage to stimulate bone and muscle growth.

Your 50s and beyond

► **On the inside:** During this decade, bone mass and density are lost more rapidly. That, and the fact that bones lose calcium and other minerals, may cause bones to break more easily. Joints will become stiffer and less flexible, and fluid in the joints may decrease, causing cartilage to rub together and begin to erode. Calcification (aka mineral deposits) may also build up in joints.

► **Watch out:** Osteoporosis and osteoarthritis are common problems for older women. Inflammation, pain, stiffness and deformity may result from a breakdown of the joint structures.

► **Healthy advice:** Amp up on nutritious foods. Avoid processed foods high in sugar and fat. Enjoy foods high in antioxidants such as blueberries and green tea. Lycopene—derived from tomatoes in sauces and the fruit itself—also shows promise in fighting osteoporosis. And hit the weights. Progressive resistance training has a direct, positive effect on bone density.



Life Moves

Your Bones, Muscles and Joints

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COMMUNITY CALENDAR

Alcoholics Anonymous meets in PSJ on **Sundays** at 5 PM, Tuesdays and Thursdays at 6:30 PM at 4797 Curtis Blvd. (St. Patrick's Church).

Overeaters Anonymous meets in PSJ on **Saturdays** at 9:30 AM at the PSJ Library. Visit oaspacecoast.org for other meeting locations.

Nar-Anon: Support group for those affected by someone else's addiction, meets on Mondays, 7:00 - 8:00 PM at 1st United Methodist Church, 825 Forrest Ave., Cocoa www.naranonfl.org.

9-3 Labor Day

9-4 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info.

9-5 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Dorothy O'Rourke at 321-268-1632.

9-5 PSJ Startups & Founders Club, a group for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at

the Port Java in Fay Plaza. We'll begin our program at 8 AM. The Port St. John internet site can be viewed at www.meetup.com/Port-St-John-PSJ-Startups-Founders-Club/.

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

9-9 Word Weavers Space Coast, a critique group for Christian writers, meets the 2nd Sunday at 2:00 PM at the Central Brevard Library in Cocoa. Visitors are always welcome. Email angelagardnerwrites@gmail.com for info.

9-9 Calling all Christian authors! Dynamic writers group in Cocoa, Fla. offers training, critiques, and paid writing opportunities (2nd Sundays 2-4:30 PM at Cocoa library). Contact D.P. Clarke at 1royaldy@gmail.com for more information. Print "Writers Group" in Subject.

9-11 Patriot Day 9-19 American Legion Post 359 meets at the Post Home at 7260 S. US 1 in Bellwood, (2 miles north of PSJ), 6:00 PM. All Legionnaires and new members are welcome. The Post meets on the 3rd Wednesday of each month. Please contact the Post at 268-1632 for assistance with your membership or information.

9-13 Canaveral Groves Homeowners, Inc. meets on the 2nd Thursday of each month, 7:00 PM in the Fellowship Room of Discovery Christian Church, 3925 Grissom Pkwy. in the Groves.

9-14 Brevard Women's Connection meets at Space Coast Convention Center (Holiday Inn Express) on Hwy. 520 from 11 AM until 1 PM on the second Friday of each month. The program includes a luncheon plus an inspirational speaker. For more information, call Mary at 636-4713 or e-mail her at mdean44@cfl.rr.com.

9-17 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 321-505-2361.

9-21 PSJ Business Connections Luncheon, sponsored by the Titusville Chamber of Commerce, meets on the 3rd Friday of the month at 12:00, PSJ Library on Carole Ave. Call Dennis Watkins at 267-3036.

9-22 Fall Begins

9-25 Moonlight Quilters Guild meets at the North Brevard Library in Titusville, 2121 Hopkins Ave. on the 4th Tuesday of each month. Meet and greet & refreshments at 6:15, meeting at 6:30 usually followed by show and tell or a guest speaker. Call 321-720-6232 or 321-720-1584 for more info.

Congratulations to:

Cooper Campbell turns **12** on the 1st.
Liz Montes parties down on the 2nd.
Teri Bynum is still the Queen on the 2nd.
Corabeth Ridgely turns **15** on the 3rd.
Derek Rickard turns crazier on the 3rd
Mary Hornsby turns classier on on the 4th.
Diane Sangalang rocks the day on the 10th.
Michelle Walker dances all night on the 16th.
Shane Orend turns **23** on the 16th.
McKenzie Mounts turns **9** on the 17th!
Jayme Hannon is the party girl on the 18th.
Jennifer Brunet gets spanked on the 18th.
Mitchell Hannon turns wilder the 20th.
Carol Drabek turns more lovely on the 20th.
Teresa Higginbotham parties wild on the 21st.
Cloyd Manuel will be a hot **72** on the 21st
Belinda Crouse turns prettier on the 21st.
Lincoln Unrue turns **2** on the 22nd.
Naomi Beasley turns cuter on th 22nd.
Vance Gaddy and Charles Samples party down on September 22.
Kyle Troxel turns cooler the 24th.
Kathy Patterson gets kisses on the 24th.
Brooke Brunet turns hotter on 27th.
Henry Snavely turns **6** on the 28th!
William Taylor turns **70** on the 28th
Colton Orvis turns **21** on the 30th.
Sam & Keri Weeks celebrate **24** happy years this month.
25 happy ones for **Sandy & Joe Thomas** on the 4th. And a late Happy 52nd to Joe!
Ronni & John Hansen celebrate **26** happily married years on the 5th.
Steve & Lisa Sweeney celebrate their **20th** anniversary on the 19th.
Aaron and Sharon Hightower celebrate their 32nd anniversary on the 20th.
Olivia and Ryan Brackin celebrate their 2nd anniversary on September 23rd!
We have lots of room for more good news.
Email your inputs to happenings1@att.net.





Out On The Town: Quam's

We had some out of town guests a while back, so when we were discussing where to go out to eat, one of our guests said a good burger would be nice. I immediately thought of Quam's. Quam's is now on US 1 right across the street from Titusville High School.

I figured since they're closer to Port St. John now, I'd take this opportunity to do an Out on the Town review. We have never been to their new location, but my wife and I have eaten at Quam's several times when they were located on Main Street in downtown Titusville. We kept returning to Quam's because we thought their burgers were absolutely fantastic. They're perfectly cooked and still juicy, served on a buttered brioche bun, and their homemade chips are fantastic.

But this trip to their new location was a huge disappointment. We got there at 3pm on a Saturday, which is fairly early for dinner. Including our party, there were only 3 tables occupied in the entire restaurant. We placed our orders within a few minutes of being seated and then the wait began. After sitting there for at least ten minutes,

I had to get up and go find someone who worked there to see why our drinks haven't arrived. After prompting them, they brought out our drinks; then the real wait began. We sat there for over 45 minutes waiting on our meal, which was strange since the place was mostly empty.

I kept telling our guests, you won't be disappointed, these burgers are worth the wait. I ordered the V.A.B., which is a double stack burger. The rest of our party ordered the "Titus," which is their regular burger. Everyone ordered the homemade chips, which were excellent, but the burgers were a huge disappointment. Mine was so overcooked the patties were all dried out and tough. I think they sat on the griddle for the whole 45 minutes we waited. Everyone else's burger came out practically raw, looked to be medium rare.

What a huge let down after all that bragging I did. Next time I want a great burger, I'll go to Kelsey's, which by the way, has the best burger in Port St. John.

What happens to good restaurants? Seems like everyplace I enjoy eating at comes to an end. Here in Port St. John, we've had some really good places to eat that don't exist today, like

Corky Bell's, Lagoon's, and now Kelly's BBQ. Hopefully our two newest restaurants here in PSJ, Luna Blu and Beef O'Brady's, will continue to do well.
- Ken Carson

Boat Ramp Repair Update

Instead of waiting for FEMA reimbursement, which could take up to a year or longer, the County has decided to take a loan from Risk Management funds to expedite boat ramp repairs. Design has begun for the Port St. John and Parrish Park repairs. Applications for permits will need to be submitted to St. Johns River Water Management, the Army Corps of Engineers and the Department of Environment Protection. District 1 will continue to provide updates on the status of other projects as information becomes available.

Commissioner Rita Pritchett appreciates the communities' patience with this process and your passion for our boat ramps. Please do not hesitate to contact her office with any additional questions.

District 1 Commission Office

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Administrative Aide to Commissioner Pritchett



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The Property Place



3 BR/2 Bath \$199,900
2-Car Garage

Pride of ownership and the work of an artist combine to create this lovely home. Wonderful landscaping. Kitchen has a bow window for a breakfast nook, vaulted ceilings over a large great room, split bedrooms. A large lanai adjoins the screened porch in the back yard. Tile floors in main rooms. New roof and new dishwasher in June, 2018, new AC and refrigerator in 2015. Don't miss this!

Randy Rodriguez
321-631-2128
Cell: 863-7499



3 BR/2 Bath \$219,900
2-Car Garage / POOL!!

Lovely and flexible home. New AC in 2018, pool pump in '16. Pickled oak cabinets with granite tops in kitchen, pantry plus vertical pantry, stainless and black appliances, tile and wood floors. 17'x35' pool plus porch area screened, plus child fence. FR could be used as game room, 4th BR, man cave, she shed, etc. Shed has electricity. 220 outlet on porch for hot tub or could be used for RV. FR is framed for garage and could be converted.



3 BR/2 Bath \$239,900
2-Car Garage / Shed

Beautiful home just had a makeover. New paint, new landscaping, appliances are 2 years old. Open kitchen between dining room and breakfast nook. Family room looks out onto 24' patio. Master bath has garden tub and walk-in closet. The shed makes a great workshop. You'll be proud to call this home!



3 BR/2 Bath \$175,000
2-Car Garage

Looking for a beautiful home? Tile floors throughout. Just repainted, inside and out. Large back yard, Newer roof, AC and water heater; privacy fenced, security system, inside laundry room.

Pet ID Do's And Don'ts

When it comes to pet identification, it may come as a surprise that many owners do not know that there are definite do's and don'ts!

- Identifying information like a pet's name and a contact phone number are a must, however, owners should think twice about listing an address.

- Many pet owners forget to regularly inspect their pet's collar and ID for damage and make sure it is still legible. Over time, tags can become loose or scratched, requiring replacement.

- Jangling tags don't have to drive you crazy. Choose a collar that has a buckle that can be engraved to cut down on irritating noise.

- Don't forget to mention if a pet is microchipped! While it is now common for many pets to have microchips, it may not be something that is checked for. Calling attention to it may help increase a pet's chance of getting home!

- If pets have any serious health issues or medication requirements, it's crucial to list them to ensure awareness of their medical condition as soon as possible.

IfItBarks.com offers laser engraved tags.

HealthTrust Honors Member Excellence in Five Categories

HealthTrust recognized five member organizations with its highest honor, a Member Recognition Award, during the annual HealthTrust University Conference (HTU). The performance improvement company for healthcare established the Member Recognition program to acknowledge outstanding contributions of members and individuals for achieving operational excellence and demonstrating best practices benefitting healthcare providers and their patients.

Awards were presented in the following categories.

- Outstanding Member – Recognizes members who have demonstrated exceptional fiscal improvement by leveraging HealthTrust savings initiatives, maintaining contract compliance and adopting new contract categories.

- Operational Excellence – Recognizes members who have implemented best practices in streamlining and maximizing supply chain operations and/or cost savings initiatives.

- Clinical Excellence – Recognizes members who have demonstrated best practices in executing clinical initiatives leading to improvements

in care outcomes, physician engagement, operational efficiency and/or financial savings.

- Social Stewardship – Recognizes impactful contributions in the areas of environmental sustainability, supplier diversity or community outreach.

- Gita Wasan Patel Pharmacy Excellence Award – Named in honor of former HealthTrust Pharmacy Clinical Advisory Board member Gita Wasan Patel, this award recognizes members who have implemented and demonstrated best practices in pharmaceutical initiatives including improvements in patient care outcomes, operational efficiency and/or financial savings.

The 2018 Member Recognition Award recipient for Outstanding Member is:

Parrish Medical Center, Titusville, Florida.
(See next page)

Summer Update

Summer has flown by. It's already September, so here's an update on all the fun and crazy things I did this summer.

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• George Mikitarian,
DHA, FACHE,
President and CEO



• Michael Sitowitz,
CPA, MBA, Controller



• Robert Wildermuth,
MBA, CPA, CMRP,
Director of Materials
Management/Team Leader



• Tina Phillips,
RT (R)(CV) RCIS, CMRP,
Operations Manager



• Frank Polidora,
Buyer



• Valerie Cooper,
Buyer



• Sue Lessard,
OR/SPD
Inventory Coordinator



Dave Ruta,
Director of Pharmacy

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Life Styles

Kids, Sleep and Healthy Weight

Getting good sleep is part of
a healthy life style.

EVENT | KIDS, SLEEP AND HEALTHY WEIGHT

WHEN | Thursday, September 20 | 5–7 pm

WHERE | Holiday Inn
4715 Helen Hauser Blvd., Titusville

ABOUT | You've probably heard that increased TV watching, high-calorie snacking, and decreased physical activity are linked to skyrocketing rates of child obesity. But recent research points to a new culprit: lack of sleep. Join us to learn more.

Dinner will be served at this free event. Seating is limited.
To reserve yours, visit parrishhealthcare.com/events, or call 321-268-6110.



parrishhealthcare.com/sleepcenter
Healing Families—Healing Communities®

Parrish Healthcare Installs First Canon Medical Systems' MR Theater in the US

Patients at the Parrish Healthcare Center in Titusville are the first to have access to enhanced comfort during Magnetic Resonance (MR) exams thanks to the installation of the nation's first Vantage Titan™ / Zen Edition 1.5T MR Theater from Canon Medical Systems USA, Inc. The new MR theater projects peaceful, virtual reality images onto a dome-shaped screen inside the bore and the Vantage Titan™ / Zen Edition 1.5T features exclusive Pianissimo™ quiet scan technology, which helps reduce acoustic noise during acquisition by 99 percent.* The audio features of the MR system and visual features of the MR Theater provide a truly engaging experience to help patients relax, enabling clinicians to complete MR exams quickly and capture the high-quality images they need for accurate diagnosis and treatment.

"We are proud to be the first in the U.S. to make this advanced imaging technology available to the people and communities we serve on Florida's Space Coast," said George Mikitarian, president/CEO, Parrish Medical Center | Parrish Healthcare. "The new MR Theater serves as another example of our commitment to fulfilling our mission to provide Healing Experiences for Everyone all the Time®."

"Producing a better patient experience and sharp diagnostic images makes for the best possible patient outcome," added Drew Waterman, Vice President, Ambulatory Services. "The humming sound of an MRI in operation would sometimes unnerve patients, but that issue is substantially reduced with Canon Medical Systems' Pianissimo quiet scan technology. Thanks to the features of this system, we have calmer and more relaxed

patients – naturally, without medication – which leads to more effective scans," adds Waterman.

Parrish Healthcare clinicians use the Canon Medical Systems' Vantage Titan/Zen Edition 1.5T MR system for brain, spine, abdominal, extremity and MR angiography exams. The system is located on the first floor of the Parrish Healthcare Center in Titusville, 250 Harrison Street, with outpatient services that include diagnostic imaging (MRI, CT, ultrasound, X-ray, mammography and laboratory); women's health services; a full-service dialysis center; and Parrish Medical Group primary and specialty care physicians providing family medicine, internal medicine, obstetrics and gynecology (OB/GYN) and neurology.

"The MR Theater was designed with patients and clinicians in mind, helping clinicians address some of the biggest challenges they face with MR imaging—claustrophobia and patient anxiety," said Dominic Smith, senior director, CT, PET/CT, and MR Business Units, Canon Medical Systems. "The features enhance patient comfort with a unique range of audio and visual features, enabling clinicians to complete MR exams quickly while improving patient satisfaction."

Martin Andersen Senior Center Dances

Martin Andersen Senior Center will host a Singles/Couples Ballroom Dance on Saturday, September 8th. Music will be provided by Janice and Rene. MASC will also host a Singles/Couples Ballroom Dance on Saturday, September 22nd. Music will be provided by Steve.

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 \$6; \$5 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.



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Port St. John Public Library September Calendar of Events

(321) 633-1867

Mon., Tues., Fri., 9 am - 5 pm; Wed., 12 - 8 pm;
Thurs., 10 am - 6 pm; Sat., 10 am - 2 pm

The library will be closed Sep. 3.

Yarning for a Cause: Mondays, 10 am-12 pm.

Master Gardener: Mondays, 2-4 pm.

Senior Games: Tuesdays, 11:00 am - 3:00 pm.
Join other seniors for a variety of card games, Rummikub, Dominoes, etc. Bring your favorite game and lunch or a snack.

SHINE - Serving Health Insurance Needs of Elders: Tues., Noon-3:00 and Weds., 1-4 pm. Counselors assist seniors and the disabled with Medicare and Medicaid questions. Call for an appointment time 321-222-7981.

STIR - Story Time for Independent Readers: Thursdays, 3:30-4:30 pm. 1st grade and up. Pre-registration required.

Story Time: Fridays, 10:30 am. All ages welcome.

Yarn Club: Fridays, 2:00-4:00 pm. Knit, crochet and needle arts. Sit, talk and create. All ages and abilities welcome. Want to learn? We can help!

Overeaters Anonymous: Saturdays, 9:30-10:30.

Meetings and Events:

Sep. 6, 10:30-11:00 PPD/PPA Support Group

Sep. 8, 10 am-Noon Port St. John Pokémon Club

Sep. 10, 5:30 pm Port St. John Public Library Advisory Board Meeting

Sep. 12, 6:00 pm PSJ Special District Advisory Board Meeting

Sep. 12, 6:30-7:30 pm Bookworms Adult Book Discussion Group

Sep. 13, 10-12:00 pm North Brevard Home School Co-op

Sep. 19, 6-7:45 pm Sunrise Village

Sep. 21, 11:45 am Titusville Chamber of Commerce

Sep. 22, 10 am-Noon Port St. John Pokémon Club

Sep. 26, 5:30 pm Friends of the Library Membership Meeting

Sep. 26, 6:30 pm Florida Archeology Presentation

Sep. 27, 10:00-12:00 pm North Brevard Home School Co-op

Fall Festival for Children

Friends of the Port St. John Library will be hosting a Fall Festival for Children on October 20th. The Festival will be open to the public and fun for all. The event will be family-friendly and children will be very welcome. And it should be MUCH cooler!

They are finalizing plans which will include a book for the first 50 children who attend, a clown who will be making balloon animals, refreshments and lots of other fun activities. Check back next month for a more complete list of events and activities.

The next Friends of the Library meeting will be on September 26, 6 PM at the library. Refreshments will be served. We will have a speaker from the Florida Public Archeology Network! The meeting is open to the public.

The Library book club, otherwise known as the Bookworms, will be meeting the second Wednesday of every month at 6:30 pm. We hope that this new time will be of interest to more people. Stop at the library desk for more information.

Sponsored by Friends of the Port St. John Library

SCOREBOARDS

The high school scoreboards are in pretty rough shape and the storms didn't help. If anyone in the community, business owner or someone who knows someone, please join us for a meeting on September 5th in the Media Center at the school to see how we can get ALL new scoreboards at Space Coast High School.

For more information or if you'd like to help but can't make the meeting, contact Becky Ohlinger at ronbeckyohlinger@hotmail.com.

Thank you!

Classified Ads

La-Z-Boy Sectional w/recliners. \$675. Call or text Sheila. 727-389-8233.

16' CARGO TRAILER - 7' wide, insulated walls, sink with exterior drain, water heater, cabinets and AC for camping. \$3,500. 321-863-7499.

Classified Section - \$5.00 per line - approximately 45 characters per line (including spaces). All classified ads must be paid in advance. Ads must be submitted in writing no later than the 18th of the month for publication the following month. Happenings reserves the right to reject any advertisements not meeting its standards. Liability for errors shall not exceed the cost of the ad.



September 10—October 24 **Mondays & Wednesdays 6:00—8:00pm** at Space Coast Communities Sports Complex

All Softball and Baseball players Age 4-16 welcome

\$5 per night + \$10 shirt (optional) **OR** \$50 for the season; includes a shirt

Mondays will be clinics and drills. Wednesdays will be sandlot style games.

No advance Registration. Just sign up and pay the first day you play!

No Commitment Required!

Like and follow us on Facebook

www.facebook.com/PortStJohnLittleLeague





Project Graduation

There is lots happening in September and ongoing getting ready for Project Graduation 2019. Our next monthly meeting is September 10th, 6:00 pm, in the Space Coast High School cafeteria.

Bricks: Project Graduations is offering a unique opportunity to leave a lasting symbol of support to Space Coast High School. Purchase a brick paver to commemorate a special occasion or remember a loved one. Bricks are \$50 and will be placed in the brick garden around the flag pole near the football stadium.

Cruise: There is still time for you to purchase your cruise raffle ticket. A \$10 raffle ticket gives you the chance to win a 3-4 night cruise on the Royal Caribbean for two.

Dominos Night: EVERY Monday, ALL day, CARRYOUT ONLY, Coupon code VIP gets you a Viper Special: (Medium 2 topping Pizzas at \$6 each.) Have a great meal while you support our graduating Seniors.

Vendor Event: September 15th, 10-3pm at Reaping Harvest Ministries, 4725 Fay Blvd. Vendors are still needed for this event. Contact Amie at 321-289-7179.

Papa John's: Be sure to get your \$5.00 Papa John's discount card.

Upcoming Events: The 5k race and golf tournament. Further details to be announced.

Shoes: Please keep saving those shoes. Shoes can be dropped off in the front office at the school or call us to come pick them up. They will be refurbished and sent to third world countries.

Also, we would like to extend a huge Thank You to Dunkin Donuts and Bagel 13 of Port St. John for their generous donations to help with our fundraiser providing lunch to teachers during their pre-planning time on August 6th.

For any information, please contact: Hyacinth Price - Project Grad President - at 321-863-6121 or Amie Randall - Project Grad Vice-President at 321-289-7179.

Buffet Breakfast

Blessed Sacrament Church will be hosting a Buffet Breakfast with Omelet & Waffle Stations by Chef Marcio on Sundays from 9am – 12 pm.

The cost will be \$10 for Adults, \$5 for Children 5-12 and free for children under 5. Everyone is invited to have a great breakfast with your family!

Also, the new Food Pantry is now open Fridays, 11am – 1pm.

Blessed Sacrament Catholic Church
5135 North Cocoa Blvd., Cocoa.

It Might Be Time

I thought the reprint of the article from Florida Today in the July issue (#338) of Happenings was very timely. It finally happened that in the United States we do such a poor job of recycling that China, where we sent everything we couldn't make a buck on, put their foot down and said "no more" - they stopped taking our trash and recyclables. Now this country is left wondering where in the world (literally) we're going to get rid of it all.

Several years ago I asked the County Commissioners why recycling wasn't mandatory in Brevard County and they said that it was because it cost too much money and they didn't have the staff to enforce it. Well, now it's looking a little different. It's going to cost us a lot more money to dispose of our trash and recycling.

I noticed when I looked at the Waste Management website which referred you to "recycle often, recycle right" (<https://recycleoftenrecycleright.com/resources/for-home/>) that glass is no longer being accepted by Waste Management from schools. I suspect that's because they have new contracts with the schools and that this will also be the case when municipalities execute new contracts with them. And, I also suspect that this has to do with the all powerful dollar. This will be a huge problem for us all. As the markets for recyclables dry up there's no money to be made and if there's no money to be made, companies will have no reason to accept recyclables.

So here we sit, the residents, the customers, need I say, the taxpayers.....Many of us recycle according to the rules but I think many more don't. I think the time has come for the County to make recycling mandatory. Reading the article which started all of this shows just how much money it's costing because people don't recycle correctly.

I'm not one to encourage regulating every action, but the fact here, as I see it, is that because there are folks who don't recycle correctly, or, for that matter, don't recycle at all, it's becoming a very costly proposition for municipalities, not to mention what it's doing to the environment. We need to start taking this whole recycling thing a lot more seriously than we have in the past.

- Chris Kane

A day without laughter is a day wasted.

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LIFE • HEALTH • ANNUITIES

Walter Butler Community Center - September, 2018

Bernice G. Jackson Park, 4201 North US Hwy. 1, Sharpes

The center is open Monday–Thursday from 10 - 8 PM, Fridays from 9 AM to 6 PM and Saturday 10 AM-2 PM Schedule is subject to change. Call 321-433-4448 for latest information.

Mondays - Fridays

Center Closed Sept. 3rd, Labor Day Holiday

Pickleball, 11 a.m.-2 p.m.

Kids In Motion, 2-6 p.m.

Basketball Fundamentals, 3-4 p.m.

Kids Yoga, 3:30-4:30 p.m.

Open Gym, 5-8 PM

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

Tuesdays

Pickleball, 11 a.m.-2 p.m.

Kids In Motion, 2-6 p.m.

Basketball Fundamentals, 3-4 p.m.

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

Open Gym, 5-8 p.m.

Wednesdays

Pickleball, 11 a.m.-2 p.m.

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

Kids In Motion, 2-6 p.m.

LEGO BRICK Club, K-2nd 3 -4 p.m.

Robotic Club, 4-5 p.m.

Volleyball Fundamentals, 5-8 PM

Thursdays

Pickleball, 11 a.m.-2 p.m.

Open Computer Lab, 11a.m -2-8 p.m.

Home School, 10 a.m. -12 a.m.

Kids in Motion, 2-6 p.m.

Kids Yoga, 3:30-4:30 p.m.

LEGO BRICK Club, 3rd-6th 4-5 p.m.

Volleyball Fundamentals, 5-8 p.m.

Open Gym, 6-8 p.m.

Fridays

Open Gym, 9-11 a.m.

Home School, 9:30 a.m. - 11 a.m.

Open Computer Lab ,11 a.m. - 2 p.m.

Pickleball, 11 a.m. - 2p.m.

Kids In Motion, 2-6 p.m.

Saturdays

Open Gym, 10 AM - 2 p.m.

Persons With Disabilities Dances are held at Walter Butler Community Center every 1st and 3rd Friday of the month from 7-9 PM all ages welcome.

For more information contact Andrea Chestnut at 321-264-5058 or 321-264-5105.

Basketball Fundamentals - Program designed for boys and girls ages 8 to12. Each week the participants will learn/review basic basketball skills and apply them to a variety of drills. Games played, but primary focus will be to build on and improve the skills sets of each participant. Practice held Monday and Tuesday 3-4 p.m. For more information, contact Donovan Gilbert at Walter Butler Community Center at (321)433-4448.

Cosmic Kids Yoga - Kids (ages 5+) can practice yoga with a certified cosmic Kids Yoga instructor. Yoga is a great way to increase flexibility, lower stress and improve energy. The goal is to teach kids yoga in a fun, exciting, story-fashion while focusing on three principle ideas; think good things, say good things, do good things. This class meets twice a month. For more information contact the Walter Butler Community Center at (321) 433-4448.

Robotics Club & Lego Brick Club - In each class we will learn how to build and program a particular robot using the LEGO WeDo 2.0 System. This system strengthens students' understanding of the eight science and engineering practices. For more information, contact Walter Butler Community Center at (321) 433-4448.

Volleyball Fundamentals is a class which teaches 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 5-8 PM For more information contact Donovan Gilbert at Walter Butler Community Center, 433-4448.

Kids in Motion - An after school program that focuses on anti-bullying and educational hands on projects that helps to stimulate learning, and growth; such as the Choice Program, 4-H Club and Stem Programs to enhance learning. Monday-Friday 2-6 p.m. \$30 a week. Discounts do apply if you live in the target area and if the child is eligible for free or reduced lunch and if the household receives any assistance. For more information contact WBCC at (321)433-4448.

Donate or Receive a Musical Instrument

Acoustic for a Change (AFAC) collects gently used instruments for distribution to local under-served kids or non-profits that support them. AFAC will provide minor instrument repairs and has hundreds of pre-qualified nonprofits, charities, churches, schools, mission organizations and individuals in need. Many of them are currently on a waiting list since the need is so great. Contact us today and let's get that instrument making music again! We do ship smaller instruments nationally but a confirmation letter (with contact info) is needed from a teacher, pastor, case worker, etc... to validate the need.

NATIONAL Instrument Donation Program: We have a few options:

1) National Direct To Charity Program – we find a charity near you and you drop it off directly. Its wonderful to see where your instrument goes!

2) FREE Mail-In Program for smaller instruments (Flutes-Violins). Simply wrap it up in a box and send it directly to us. We will REIMBURSE THE SHIPPING cost.

Types of instruments: Acoustics to Pianos – we place them all!!! acousticforachange.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 _____ May we include your phone number on our membership roster to CGHI members? Yes No

Won't you come join us? We meet the 2nd Thursday of the month at Discovery Church, 3925 Grissom Pkwy. at 7:00 PM. www.CanaveralGrovesHOA.com

SLEEPY HOLLOW



Fruit From The Groves

Since the last writing there have been some developments that effect the local area. There was a drainage and flood meeting on July 26, 2018 held by Commissioner Rita Pritchett. There is a five year plan to clean and rebuild the canals and ditches in the Groves area that need it. There are also plans in the works for the rest of District 1.

This is a major undertaking due to the size of the area. There has been a lot of rain that has effected the area in the last couple of months, and it has put a strain on the canals, ditches, dirt roads and even some of the paved roads. The Commissioner is trying to increase the manpower and equipment in the district to do the job without raising taxes. If you have any questions, call Commissioner Pritchett's office. Her office number is (321) 607-6901.

County Road and Bridge was also there and answered questions. They will be posting plans and other information on their website about the work to be done; Brevard County Public Works - Road and Bridge Maintenance. Remember that water runs downhill and there are a lot of low areas in the Groves. Please help by keeping trash and brush out of the ditches as it will slow the water flow down.

Commissioner Pritchett also announced on August 7 that the Port St John boat ramp will be fixed. It has been decided not to wait for FEMA reimbursement, but to take a loan from the County Risk Management funds in order to speed up the repairs. Permits still need to be gotten from other government agencies.

There has been an increase in the number of suspicious incidents and vehicles reported in the area, along with speeders and other infractions, on the Facebook pages. Please call Brevard County Sheriff's Office at: (321) 264-5100 #4 for dispatch. In an emergency, please call 911. It is the only way to control problems and crimes out here in the Groves. BCSO cannot do anything

to help control the problem if they do not know about it.

Brevard County Fire Rescue is installing smoke detectors for people in need. They can be reached at the Fire Prevention Office (321) 633-2056. Do Not call the fire stations.

The next meeting of the Canaveral Groves Homeowners Association meeting is on September 13, 2018 at Discovery Church on Grisom Parkway. Brevard County Sheriff's Animal Services and Enforcement has been requested to be at the meeting. Also, a Deputy will be there to advise what is happening and answer questions about our area.

NOAA has decreased the number of predicted hurricanes and storms for this year. That does not mean that we should let our guard down. Just one such storm could cause catastrophic damage. Please keep an eye on your neighbors and do some planning just in case.

Ed Silva, President

Canaveral Groves Homeowners Assn.

A Parting Shot For the Cannon!



Free Community Support Groups

Parrish Medical Center is offering free support groups for community members struggling with or recovering from various health issues. See the upcoming September support groups below:

- Awake Sleep Disorders Support group is Monday, Sept. 10, from 6–8 p.m., located at Parrish Healthcare Center, 5005 Port St. John Parkway, Port St. John.

- Caregiver Support Group is Thursday, Sept. 6 and 20 from 9:30–11:30 a.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

- Care Giver Academy is Thursday, Sept. 13 from 10–11 a.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

- Diabetes Support Group is Thursday, Sept. 13 from 3:30–5 p.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

- MAK Gathering (Moms and Kidz) Support Group is every Monday and Wednesday, Sept. 5, 10, 12, 17, 19, 24, and 26 from 10–11:30 a.m., located at The Children's Center, 5650 S. Washington Ave., Titusville.

- Parkinson's Support Group of North Brevard is Friday, Sept. 21 from 2–4 p.m., located at Heritage Hall, 921 N. Washington Ave., Titusville.

- Pulmonary Hypertension Support Group is Tuesday, Sept. 11 from 3–5 p.m., located at Grace United Methodist Church in Merritt Island.

- Stroke-Heart Survivors Group is Tuesday, Sept. 18 from 2–4 p.m., located at 921 N. Washington Ave., Titusville.

The support groups are free, but space is limited so pre-registration is recommended. For more information, and to pre-register, visit:

www.parrishhealthcare.com/events.

Republican Headquarters Open

The North Brevard Republicans Clubs have opened their Republican Headquarters at 4356 S. Hopkins Ave., Titusville. The office is closed Sunday and Monday. Office hours are Tuesday through Saturday, 11 AM to 5 PM and Wednesday evenings until 7 PM. Please stop by to pick up your Republican candidates' yard signs, bumper stickers and information cards.

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.



The next show will be held on Sunday, September 30th, 2:00-5:00 p.m. at Elks Lodge #1532, 315 Florida Ave, Cocoa. The event is open to the public. Admission is free.

CFAC is dedicated to promoting the visibility and value of the accordion as a multi-cultural musical instrument in Central Florida. For more information, contact Rod Hall, 866-455-2322.

Above and Beyond

You sometimes hear about an athlete who dies unexpectedly on the field or court with no warning, no prior history or symptoms of any heart condition and you wonder if it could have been prevented. Recently, a grateful mom wrote in to tell us how much she and her family appreciate Parrish Athletic Trainer Joe Manning, Titusville High School, and the nonprofit Who We Play For.

Each year, Parrish Medical Group Orthopedics provides sports physicals for Titusville and other area high schools. This year a free heart screening was added to the physicals thanks to Who We Play For. Though their son had no signs or symptoms, they did take advantage of the free heart screening.

"The screening literally saved our son's life!" she writes.

But it was Joe providing a healing experience by going the extra mile to help the family navigate through the initial realization of a problem, which really made an impression.

"I got a call from Joe letting me know my son's screening was flagged as high risk," she writes. "Joe explained it to me and worked hard

all weekend to get more information, a copy of the screening and even helped me line up an appointment with a cardiologist."

Their son has since been diagnosed with a heart condition that could result in sudden cardiac death. And although they were naturally terribly disappointed in the diagnosis, they are forever grateful to Joe and the others who made it possible to prevent an unexpected tragedy.

"I am so thankful (that) I am talking to a cardiologist instead of the funeral home," she said. "We are working alongside them to gather all the pieces and figure out how to treat and manage this. Life looks a lot different this summer but the key word is LIFE! We cannot thank our trainer Joe, Who We Play For, the donors and our school enough!"

Joe went above and beyond to provide a truly healing experience for a young man and his family.

Upcoming At Cocoa Village

Harvest Moon Sip & Stroll

Saturday, Sep 29

5:00 pm - 9:00 pm



NEW HOURS!

Monday-Thursday: 11:00 AM-9:00 PM

Friday: 11:00 AM-10:00 PM

Saturday & Sunday: 7:00 AM-9:00 PM

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parrishhealthcare.com/aboutus




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