ISSUE NO. 358



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SERVING PORT ST. JOHN & GANAVERAL GROVES

Spring is Here. Let's Get Out and Play!

Thunder Over Indian River Golf Classic

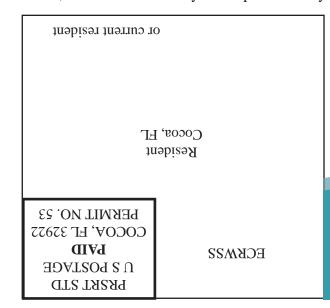
Our Second Annual Charity Golf Classic will be held on Saturday, April 25th at Indian River Preserve Golf Club. The cost is \$65 per person or \$240 per team and includes greens fee, cart,



lunch, range balls and on-course contests. Registration will begin at 7:00 am with the Tournament officially starting at 8:00 am. Afterwards, please join us for lunch, awards and raffle at about 12:30 pm. All proceeds benefit Independence Day events (TOIR) and fireworks.

In addition to prizes for 1st, 2nd and 3rd place, there will be two "long drives," two "closest to the pin" challenges and a putting contest.

A hole-in-one at designated holes wins a Buick Encore sponsored by Ron Norris Buick/ GMC, a 15 SEER A/C system sponsored by



Freedom Air and Plumbing, or a Hybrid Water Heater provided by Freedom Air and Plumbing.

Anyone who does not play golf can still participate by sponsoring a golf hole for \$125, or attend the awards luncheon for \$15.00.

For an application or additional info, email makes are welcome, even cars. PSJCommunityFoundation@gmail.com or visit https://portstjohncommunityfoundation.com/. The deadline to register is April 10th.

Family Fun-Fit Day

Bring the family, come out and play on March 28, 2020, 10 a.m.-12 noon Fay Lake Wilderness Park. This is a fairly new event hosted by Parks and Recre-

ation and there will be lots of fun and things to do.

Fay Lake Wilderness Park is all the way at the west end of Fay Blvd. If you've never been Port St John), 321-268-1632. there, you should go take a look at the lake, the playgrounds, the pavillions and the dog park.

For more information, contact the Port St. John Community Center at (321) 633-1904.



MARCH 2020

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

March 7th, 1 - 5:00 p.m. Get the bike out of the garage! All



Good food on the grill with Fixin's, \$6. Listen to live music. Drawings, 50/50. All proceeds to benefit veterans and veterans' families.

7260 S. US Hwy. 1 Bellwood (just north of

Contact Joe Marino, Events Coordinator, American Legion Riders Post 359 at info@ alr359.org or visit our website, alr359.org, for more information.



parrishmedgroup.com



Sooo much home and so much charm... 4 bedrooms; 2 are master and 1 is separate and makes a great office/den, too. Wired internet is available in 3 bedrooms. 1,957 sq. feet of living area and 2,953 sq. feet total! Master Suite has 11 x 8 walk-in closet/changing room. Master bath has granite countertop. Office could easily be a 2nd Master Bedroom. Eat-in kithcen has a pantry and breakfast bar. Appliances are 2 years young or newer. 35 x 12 screened porch has concrete block knee wall, easily enclosed. Yard has sprinkler system, separate well and pump. Lots of fruit trees! 2-car garage. Come meet your new home!

I-Ground Pool / 2-Car Garage

A dream home waiting for a new owner to show some love. This brick home on a corner lot has a screened in-ground pool, fireplace, carport for RV, more. Needs TLC. Roof had leaks, so it was replaced. Now it needs paint, some minor repairs including screen repairs. Great opportunity for a new owner!

PSJ Community Center Schedule - March, 2020

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

16th - Spring Break Camp, 7 a.m.-6 p.m. 23rd - Spring Break Camp, 7 a.m.-6 p.m. Outside Basketball, 10 a.m.-8 p.m. Game Room/Computers, 10 a.m.-8 p.m. Billiards, 10 a.m.-8 p.m. Community Cares Aftercare, 2:30-6 p.m. Zumba (Adult Class), 6-7 p.m.

Tuesdays

17th - Spring Break Camp, 7 a.m.-6 p.m. 17th - Elections, 7 a.m.–7 p.m. Outside Basketball, 10 a.m.-8 p.m. Community Cares Aftercare, 2:30-6 p.m. Game Room/Computers, 6-8 p.m. Billiards, 10 a.m.-8 p.m. Girl Scout Troop 1902, 4-5:15 p.m. Girl Scout Troop 276, 6-7 p.m.

Wednesdays

18th - Spring Break Camp, 7 a.m.-6 p.m.
Outside Basketball, 10 a.m.-8 p.m.
Game Room/Computers, 10 a.m.-8 p.m.
Billiards, 10 a.m.-8 p.m.
Dreamweavers, 1-3 p.m.
Community Cares Aftercare, 2:30-6 p.m.
25th - Cook's Helper, 4-5:30 p.m.
Zumba (Adult Class), 6-7 p.m.

Thursdays

19th - Spring Break Camp, 7 a.m.-6 p.m. Outside Basketball, 10 a.m.- 8 p.m. Game Room/Computers, 10 a.m.-8 p.m. Billiards, 10 a.m.-8 p.m. Community Cares Aftercare, 2:30-6 p.m. 26th - Pot Sticker Make & Take, 6-7:30 p.m. **Fridays**

20th - Spring Break Camp, 7 a.m.-6 p.m. Outside Basketball, 10 a.m.- 6 p.m. Game Room/Computers, 10 a.m.- 6 p.m. Billiards, 10 a.m.-6 p.m. Community Cares Aftercare, 1:30-6 p.m. **Saturdays** Outside Basketball, 10 a.m - 2 p.m. Game Room/Computer, 10 a.m. - 2 p.m.

Zumba Classes - Zumba 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. Dancers and long-time exercisers thoroughly enjoy the change in pace exercising in a healthy, fun environment. Ages 12 years and up. Classes will be held Mondays and Wednesdays from 6-7 p.m. \$5 per class. For more information, contact the Port St. John Community Center at (321)633-1904.

Cook's Helper - Cooking workshop for child/ adult pair, on March 25, 4:00-5:30 p.m. This is a discounted community outreach hands-on workshop for a child/adult pair. Cost for the pair is \$16. Child must be at least 4 years of age. For more information, please visit www.floridakelskitchen. com or email FLkelskitchen@outlook.com. **Potsticker Make & Take -** Cooking workshop

for adults, \$30 per class, on March 26, 6:00-7:30 p.m. For more information please visit www.floridakelskitchen.com or email: FLkelskitchen@ outlook.com.





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Good Day! by Maureen Rupe **Port St John Small Area Study:**

There are a number of recommendations that Port St. John residents, through an on-line citizen survey and county presentations, have made to the Small Area Study Committee and the Committee members recommended ideas are in this list:

1. Brevard County should assure continuation of ownership of all green space within the Port St. John Small Area Study boundary.

Besides parks within PSJ, there are 14.89 acres of undeveloped lots within Port St. John. They include Edison St.: 2.49 acres; Akers St.: 0.88 acre; Homestead Ave.: 1.73 acre; Gayle Rd.: 2.0 acres; Eaglewalk Ave.: 2.533 acres; Horton St.: 1.41 acres; Albany St.: 1.03 acre; Bently St. 0.91 acre; Fairfax St.: 1.79 acre; and Wixie Dr.: 0.12 acre. General Development, in the original plat when they went bankrupt, gave these lots to the county saying they were not to be developed except for parks. They also stated that if the county tries to sell any of these properties, the land reverts back to General Development or its successor.

2. Survey and list all county owned greenspaces in PSJ to identify areas that need additional parks and/or other recreational services (community pool, dog park, etc.) Create a strategic plan to build three projects within the next 5 years. (Funding source could be a combined MSTU and MSBU within the boundary.)

3. Survey number of full-time deputies assigned to PSJ and evaluate how much additional BCSO presence is required based on population and add deputies needed to meet this requirement. (Funding source could be a combined MSTU and MSBU within the boundary)

4. One full time Code Enforcement Officer (FTE) be scheduled one shift per week to visually inspect properties located within the boundaries of PSJ to ensure their compliance with current regulations, with an emphasis on protection of citizens with the community.

5. Adjust the PSJ Dependent Special District (PSJ Advisory Board) to the north to match the Small Area Study Boundary less any lands that are part of Cocoa or Titusville.

6. Relocate Brevard County Fire Station from Fay Blvd. and Carol Ave. to the west, which is more to the center of PSJ. Ideally, the land owned by Brevard County at or near Fay Blvd. and Adams Place. (Funding source could be a combined MSTU and MSBU within the boundary.)

7. Carmine Ferraro also recommended to install a traffic signal at the south end of Curtis Blvd. & Fay Blvd. for safety of growing commercial area on Curtis near that location. He also states the County Plan to re-design and close part of the Fay/Curtis intersection should be rejected.

8. There can be more brought up on March 26th.

The PSJ Small Area Study Committee's last meeting is at 5 pm on March 26, 2020. Please attend. Your input is important and can make a difference. Listen to the discussions and let the committee know what you think.

I am a member of this committee and haven't made any recommendations yet, but I am very concerned that the cities north and south of us and their annexations can make a negative impact on our quality of life. For example, in July 12, 2005, I was at a Brevard County Commission meeting where I recommended a Charter Amendment be put in place to allow people of





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Brevard County be allowed to vote on voluntary annexations that have an impact on their quality of life. The minutes stated, "She (Maureen Rupe) started talking only about Port St. John. The City LNG Update: of Titusville annexed the Reliant Power Plant in 2000: TiCo Airport supported the annexation and pulled its 20-year Master Plan for the southwest runway, which bypasses all air traffic over Port St. John; they have two Port St. John schools in the TiCo Airport's primary runway path; and planes are overhead all the time. She stated the land was rezoned from industrial to commercial and residential; 2,700 homes and a large tract of commercial are planned, which will trip the threshold for traffic inside of Port St. John; and inquired where will the money come from to four-lane Grissom Parkway and King's Highway in the future, and how much will it cost for more schools? She stated Port St. John would have had a vote in that annexation if the amendment had been in place, and inquired how much in the near future will it cost the taxpayers; and how much is the citizen's peace of mind worth to the Board? She stated today they have no protection and no say in those matters, and requested the Board vote

to place it on the ballot and leave the ultimate decision up to the people of Brevard County."

- Brevard County Minutes July 12, 2005 **LNG Update:**

My LNG and Brightline stories have caused some feedback, more about the safety and comfort on Brightline and safety concerning the railroad and the railcars used for shipping LNG across our rail lines. The writer mentioned there was currently a pipeline from Port Canaveral to Orlando International Airport. That confused me and made me do some research.

A 2006 Orlando Sentinel Article by Jerry W. Jackson titled, "Port Canaveral greenlights fuel facility," said how Port Canaveral Commissioners voted to give a 30-year lease to Vitol S.A., Inc. to build a fuel-tank farm on the north side of Port Canaveral. That article stated, "The project carries with it the promise of a 50-mile underground fuel pipeline ending at Orlando International Airport. Most of the Orlando area's gasoline and other fuel currently comes through a pipeline from the Port of Tampa on the Gulf Coast." But I hadn't heard or seen evidence the pipeline had materialized. The same article stated, "Payne said

the pipeline is 'certainly in the plans,' but there is no definite timetable for that part of the project. The tank farm has to be built first. The pipeline is longer term." Stan Payne was the port's Chief Executive Officer.

Vitol's website on Port Canaveral https:// www.vtti.com/terminals/seaport-canaveral-usa, under "Accessibility" does have a checkbox on "Pipeline to other sites."

A 2017 Florida Today Article by Dave Berman titled, "Demand fuels expansion at Port Canaveral," never mentions a pipeline, but does state it's, "the largest petroleum storage and handling marine terminal in Central Florida." It also states, "it takes less than 17 minutes to fill a tanker truck with more than 8,000 gallons of fuel." The only mention of Orlando International Airport is that the airport is a partner and is undergoing a major gate expansion.

I have talked to the State and County officials and they have no evidence there is fuel pipeline from Port Canaveral to the Orlando International Airport. I will continue to look for all information.

cont., next page

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Good Day!, cont.

Reference: www.orlandosentinel.com/news/ os-xpm-2006-11-17-tankfarm17-story.html https Florida Retail Federation://www.floridatoday. com/story/news/local/2017/05/19/demand-fuelsexpansion-port-canaveral-cargo-site/101756002/

https://www.vtti.com/terminals/seaportcanaveral-usa

Resolutions, good for?

On Sunday February 2nd, 2020, Florida Today's Engagement Editor Isadora Rangal's article, "Commission votes to uphold Constitution," let everyone know even though the County Commission unanimously voted to support the Constitution, how ridiculous that resolution was. Isadora pointed out the irony of seeing the Commission ignore the Constitution's principles on Freedom of Speech when no one spoke up when Commissioner Lober was berating citizens for criticizing him, or the Commission suing for favoring some religions over others instead of stopping the practice. She mentioned Sheriff Ivey's support, which seemed selective, as he wanted the second amendment supported, but always seems to trash Freedom of the Press, and definitely seems less than transparent with our metric tons (18 billion pounds) per year..." citizens about his budget.

I have had a few emails asking for my opinion on what difference this resolution will make. Any resolutions voted on by the County Commission have none in any situation. No Commissioner can be held to a resolution, whatever its content.

When the enviro community was trying to bring a referendum to Save the Indian River Lagoon (IRL), the County Commissioners made a 2014 resolution before the Referendum came up to support the cleanup of the IRL. I remember telling the Commissioners, "Thank you for the

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Get-Well Card to the IRL." A couple of years later in 2016, we managed through hard work to get the County Commission to put a self-imposed tax on the ballot to Save the Lagoon.

So why have Resolutions? My opinion, to let the people in the Districts know that all the Commissioners are one thought on an issue. IF one changes their mind, reprisals are purely from the people. What I don't like is when someone from the public asks for a request, the County Commission can say we already have a Resolution on that, so they won't be changing their minds. This puts off the person explaining his or her position.

Reference:

https://www.floridatoday.com/story/news/ local/2020/01/24/county-commissioners-wrapthemselves-constitution-resolution/4562222002/ **Plastic Monster Haunts Legislature**

A February 6 Florida Phoenix article by Laura Cassels titled, "Plastics 'monster' haunts Capitol to call for waste reduction," told how Greenpeace, Oceana and others came to Tallahassee to show "...a 15 foot high pile of various plastic waste built by Greenpeace to illustrate how much plastic enters the oceans; more than 8 million

Various cities have tried to pass bans on single-use plastics and polystyrene containers such as Styrofoam, but the Florida Legislature has passed bills in 2008 and 2016 that prohibit them from doing so. In fact, the Florida Retail Association stands ready to sue any city or county that attempts to do so like it did with Cape Coral in 2016. The article said when it won the case on appeal, "This decision reinforces the legislature's ability and authority to govern these issues on a statewide basis, said Federation President and CEO R. Scott Shalley in a published statement



about the ruling." Florida Rep. Anna Eskamani, an Orlando Democrat, cosponsored legislation with Miami-Dade Democrat Rep. Mike Grieco, to permit local governments to restrict single-use plastics and other disposable items polluting their waterways.

I researched microplastics and found it is everywhere. I wrote about microplastics in Tampa Bay last October. I found in a 2019 study, the World Health Organization stated that microplastics are "ubiquitous" and have been detected in fresh water, wastewater, food, air, bottled water, tap water and more. ... " They say they are not hazardous, but if they have encroached on everything, when does it become an issue?

Reference: https://www.floridaphoenix.com/ blog/plastics-monster-haunts-capitol-to-call-forwaste-reduction/

A United States Climate Change Wall?

According to a Miami Herald article by Alex Harris, titled, "Feds consider a plan to protect Miami-Dade from storm surge: 10-foot walls by the coast," the federal government, instead of preventing climate change, seems to be ready to build a wall... I assume around the entire United States?

To get the land it needs for the 10- to 13-foothigh walls, the Corps could seize more than 350 properties through eminent domain. The plan also envisions massive moveable storm surge barriers at the mouths of Miami's rivers and major drainage canals along Biscayne Bay. It would also elevate 10,000 homes and floodproof 7,000 buildings.

All those proposals also come with an equally stunning price tag: an estimated \$8 billion,

similar to the original cost estimate to restore the entire Everglades (a number that has since easily doubled). Is the federal government saying they are giving up on property east of this wall? From a local standpoint, I'm wondering if the plan is to have a flood wall built in Brevard County? Like Miami-Dade, would anything east of U.S. 1 on the mainland be unprotected? Why are they spending that much money for land far less expensive than property east of this floodwall? If you look at the map, the property east is waterfront property?

Reference:

https://www.miamiherald.com/news/business/real-estate-news/article239967808.html

> Cheerio, ~ Maureen Rupe rupe32927@earthlink.net





Hello Parents, Community Members and Future Vipers!

My name is Joseph Flora and I am the proud new principal of Space Coast Jr. Sr. High School. I arrived at Space Coast in January and I am thankful for the

welcome I have received from the staff, students, parents and community. In just my short time as Space Coast's new principal, I can already feel the strong sense of pride our community has in its school.

I am proud to call Brevard home and have worked and lived in this great community for the past 25 years. I began my teaching career at Edgewood Jr. Sr. High School where I taught social studies to students in grades 7-12. I have spent time as an assistant principal at both Satellite High School and Melbourne High School. Prior to arriving at Space Coast, I was the principal of Facebook: ttps://www.facebook.com/Space-James Madison Middle School in Titusville for the past two years.

Space Coast has a proud tradition of success that stems from the dedication of the staff, our volunteers, and school stakeholders. One of the goals I have for our school is to continue to strengthen the bond between school and home. If we want our students to reach their full potential, schools and homes must work together to support learning. Complementary to the relationship between home and school is the relationship between our school and the community. Space Coast is extremely fortunate to partner with outstanding businesses who generously give in a multitude of ways to our students and staff. Without the contributions of our businesses partners, our school would not be able to offer the same high caliber of education that we currently do.



If you have not recently checked out what is happening at Space Coast, I would invite you to do so. Our students are

on the cutting edge of doing the unthinkable. We have students competing at the state level in both academic and athletic events. Students in the LAUNCH Program and S.T.E.A.M. Academy are currently competing nationally for a chance to present their projects for a third year in a row to engineers at Johnson Space Center in Houston, Texas. The fine and performing arts programs are full of talented and brilliant students. I would invite you to attend one of our performances in the near future. You can always stay connected with Space Coast by following us on social media and checking our website.

- Joseph Flora

CoastJrSrHighSchool/

Website: https://www.brevardschools.org/Space-CoastJRSR. The website has the updated weekly newsletter on it.

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Do you enjoy writing? If so, then join our Creative Writing Group.

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- A place to be encouraged
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- A place to have fun
- A place to network

The group meets on Mondays, 9:15 a.m. to 11 a.m. at the Port St. John Library. Writers and potential writers ages 18-118 are encouraged to attend. All levels are welcome!



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Family must meet federal income guidelines for Head Start AND child must be 3 yr or 4 yr old on or before 9/1/2020. For information, call Enterprise Head Start Family Advocate at

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Easter Events with FUMC

Community Easter Egg Hunt First Baptist Church of Port St. John, First United Methodist Church of PSJ and You

You are invited to join us on Saturday, April 4th, 10a.m.-12.p.m. at Nicol Park, on the river at the corner of Fay Blvd. and US-1, PSJ.

Palm Sunday Service Join us on April 5th, 9 and 11 a.m at FUMC PSJ.

Holy Thursday Service

(Maundy Thursday) April 9th, 7 p.m. at FUMC PSJ for "Foot Washing Service."

Good Friday Service Join us on April 10th, 7 p.m. at FUMC PSJ.

Community Sunrise Easter Service

Come to our outdoor service on April 12th, 6:45 a.m. at Nicol Park, hosted by Reaping the Harvest and FUMC PSJ churches.

Easter Breakfast

Breakfast on April 12th, 8 a.m. FUMC PSJ fellowship hall with Reaping the Harvest and FUMC PSJ providing the food.

Easter Service

Join us on April 12th, 10 a.m. at FUMC PSJ.

Parks & Recreation Meeting

The North Brevard Commission on Parks and Recreation will hold its next monthly meeting on Thursday, March 14th, 2020, 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.





Indian River City United Methodist Women are having their annual Rummage Sale on Friday, March 20th in Wesley Hall in the rear of the church at 1355 Cheney Hwy. in Titusville.

The hours are from 7 AM until 2 PM. Everyone is invited to come and find unexpected treasures and handy items.

This is an annual event and usually has lots of items of all types for sale.

For more information, contact DJ Olson at 321-636-0568.

Free Indie Film Festival

A free Indie film festival is coming to Viera. The "15 Minutes of Fame" indie film festival, sponsored by Brevard filmmakers Ray and Migdalia Etheridge, will take place on Saturday, February 29, at the Melbourne-Viera Conference Center, located in The Holiday Inn at I-95, exit 191.

The program will include over 20 short films, produced by aspiring filmmakers from all over the U.S., including several from Florida. Genres include comedy, drama, animation, commercials, trailers, web series, and documentaries.

Doors open at 12:45pm, and the show starts at 1pm. Awards will be presented to attending filmmakers for "best" films in several categories such as cinematography and editing. Admission is free. No tickets or reservations are necessary.

For a complete list of films and show times, go to EtheridgeProductions.com.





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Parrish Medical Group Addresses Digestive Health

A hesitancy shared by many people to speak about gastrointestinal problems – even with their physicians – means many are living with dis-

comfort that can be alleviated, a principal reason why Parrish Medical Group (PMG) in Titusville has added a gastrointestinal specialist who makes understanding his patients' concerns the focal point of his practice. Dr. Khalid George, a board-certified and fellowship-trained gastroenterologist, has joined PMG to treat patients dealing with digestive disorders that include heartburn, gallstones, Irritable Bowel Syndrome (IBS), pancreatitis, ulcers and more.

According to a national survey by Harris Interactive, 74% of Americans regularly suffer from episodes of digestive distress. That figure totals nearly 450,000 Brevard County residents.

Dr. George says that digestive problems are common, but most people are embarrassed to talk about them even with their primary care providers. Instead, they live with ongoing conditions that adversely affect quality of life, or

worse. "Even the most common digestion problems, like bloating, diarrhea and cramping, can indicate more serious underlying diseases," says Dr. George. "Ignoring problems doesn't make them go away. In fact, something like treating heartburn yourself with over-the-counter medicine can, over time, mask heart disease or even esophageal cancer.

"Our treatment goals are to improve people's lives by giving them relief

Hospice of St. Francis is pleased to welcome Lauren Loftis, MD Our New Chief Medical Officer

Dr. Loftis is board certified by the American Board of Family Medicine and the American Board of Hospice and Palliative Care Medicine. She received her undergraduate degree from Texas A & M University and her medical degree from the University of Texas Southwestern Medical School. Dr. Loftis completed her medical residency and internship programs in Family Medicine at John Peter Smith Hospital in Fort Worth, Texas. She has extensive experience in full spectrum Family and Hospice Medicine.

Dr. Loftis joins our experienced, dedicated medical staff:

Physicians – Dr. John Brodnan Dr. Douglas David Dr. Elizabeth Galfo Dr. Jeffery Saluck Dr. Mina Zeini Nurse Practitioners – Stacy Fifer Jeanne Gordon Trinity Graham Maria King Anthony Lagana

Hospice of St. Francis Established 1977 Licensed 1990 HospiceOfStFrancis.com



March 30 is National Doctors' Day.

Please join us in expressing our appreciation to the physicians on our medical staff.

Thank you, Doctors for your outstanding leadership, dedication and commitment to uplifting lives.

Happy Doctors' Day!



gives them confidence in their treatment and a willingness to share with me whatever it is with which they are dealing."

Dr. George completed internal medicine residency at Henry Ford Hospital/Wayne State University and completed GI fellowship at Providence-Providence Park/Michigan State University. He received his medical education at St. George's University School of Medicine and undergraduate at University of Toronto. "Gastroenterology services are important to have close to home, delivered by a physician with excellent credentials in whom patients can have trust," said Dr. George.

Dr. George's experience includes treating inflammatory bowel diseases such as Crohn's Disease and ulcerative colitis, Irritable Bowel Syndrome (IBS), and pancreatic and liver disease. He is a proponent

and provider of colon cancer screening, the third most common cancer in both men and women in the United States.

Dr. George and Parrish Medical Group are accepting new patients. Dr. George's practice is located at 825 Century Medical Drive, Suite A in Titusville. To schedule an appointment, call (321) 268-6224.

The website is parrishmedgroup.com.





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Monthly Tax Update

Are you aware of the Long-Term Capital Gain rates? Let's take a look. You may qualify for the 0% rate on long-term gains and qualified dividends. If your taxable income, other than gains or dividends, does not exceed \$40,000 for singles and \$80,000 for joint filers, then dividends and the capital gains from the sale of assets owned for more than a year are taxed at 0%, until they push you over the threshold amounts. If your income exceeds the limit, then your capital gains tax will be at 15% and your taxable income is below \$441,450 for singles and \$496,000 for joint filers. The maximum tax rate is 20% when exceeding these taxable incomes. There are also special Long Term Capital Gain rates for Heads of Household, Estates and Trusts.

Next let's take a look at Required Minimum Distributions (RMD). In the past, the RMD started when you turned 70 1/2 and you must take withdrawals by year-end or pay a fine equal to 50% of the required distribution. The sum of these required withdrawal amounts can be taken from any IRA you own individually or any amount from any of them, as long as the total amount equates to your RMD. The rules apply to a 401(k) plan and requires a minimum



less of a company and work past age $70\frac{1}{2}$. They can delay taking distributions until they retire and the minimum required distribution must be taken ratably from each 401(k) account. One strategy is to move your 401(k) funds into a traditional IRA to maximize your options.

Now, this was the old rule and anyone subject to the RMD requirements on or prior to December 31, 2019 is required to follow these rules. However, if you turned 701/2 after December 31, 2019, then the new RMD is now based on when you turn 72, and this means there isn't any RMD requirement until you turn 72. This change was from The Secure Act marking the first change to the RMD age since first becoming law in 1986.

Consider this - some taxpayers will be able to defer distributions from retirement accounts until age 72 and the question is, should they? Practically thinking, many retirees can't actually afford to hold off on using their retirement savings until they're 72. Even for those who can wait until they reach RMD age, it might not make sense to. A review of your withdrawal strategy will depend on multiple factors which change over time, along with the laws, tax code and the individual's personal financial situation. Retirement distributions need to be evaluated each year to determine if you can maximize tax free dis-

distribution, except for people who own 50% or tributions or to maximize distributions at lower rates. Filing status may be a factor also. Married couples filing jointly may find it better now, since the standard deduction is \$24,400, plus over 65 additional standard deduction, versus single where the standard deduction is \$12,200, plus the over 65 additional standard deduction, giving consideration if one may pass away. In other words, the higher brackets are easier to reach when filing single. So, it could be advantageous for taxpayers to consider accelerating the realization of income to ensure they're able to take full advantage of favorable tax brackets and filing status. With some planning, you could calculate how much to take from tax-deferred accounts to stay under the next marginal tax bracket increase.

> Don't forget, you may also consider to make year-end charitable contributions, if the funds are transferred directly to the charitable organization, and the distribution will not be taxable to you.

> This is a very brief overview. It is your responsibility to discuss any tax and financial changes with your professional advisor for assistance in evaluating your situation. For details and specific assistance in applying the general information in this article, 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.



Rose's Room

A famous lady commented, "This gettin' old crap ain't for the weak hearted!"

Truer words were never spoken. Gray hair in places you never had hair before, thinning hair in places you always had good hair.

Bulges in places you never knew could bulge.

Flatness in places that weren't flat before. Sags, bags, aches and pains all attack seemingly overnight.

Throw in forgetfulness and "Power Surges" and it's enough to make you want to throw up your hands and give in. I might do just that, except by the time I got the kink out of my back from lifting my arms I would have forgotten why my hands were up there in the first place.

I've read a good way to keep the brain from atrophying is to keep it active. If that is true, my decision making skills will outlast the rest of me by years.

In my younger life my few daily decisions revolved around family. What to make for dinner? Who picks up which child? Or the big one; explain to the third grader I won't help with her math because I want her to be independent – or tell her the truth; that I just don't know it?

Fiercer repercussions guide my decision making processes these days.

Make the dash from my warm, soft bed to the bathroom now or at 2 AM when my bladder refuses to be ignored one minute longer? Oatmeal with extra fiber or protein shake with extra fiber? Caffeinated coffee that might make me shaky or decaf that will surely precede a Power Surge? maximum arch support?

Gouda to go with all that whine, a grandchild or four will come over for the evening and I give those extra supported arches a workout supporting more important decisions.

It seems just yesterday the decisions regarding grandchildren were fun ones. Should I hide with the two year old behind the gardenia bush or should I race the four year old to the safe base? Should the limit be four S'mores per child or five? Or the big one; tell the parents we have been sleeping soundly since the childrens' bedtime – or explain that we have been playing outside in the dark and binging on chocolate and

marshmallows?

I would never have encouraged my grandchildren to lie to their parents!

Especially when I did it so well.

In more recent times, teenage angst and postteen tremors have taken the place of hide and seek, but chocolate and marshmallows are still favorites.

I am in awe when I look up into the precious Shoes that cradle my bunions or ones that have faces of the now taller and bigger than me individuals whom I am partially responsible for Then just when I am ready to get out the residing on our planet. I have to brag that each and every one have grown to be fine, responsible almost-adults and adults.

> As I think back on watching these metamorphoses unfold. I also have to admit there have been moments of satisfaction I haven't been able to share with them...yet.

> My teenagers tested their limits by sneaking out of the skating rink to smoke and swear with friends. Their teenagers snuck out of a bowling alley for the same reason. My teenagers slammed doors and mouthed off when verbally cornered... their teenagers yelled, "You can't make me!" and slammed doors. My almost adults seriously

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considered taking time off from high school to 'Find Themselves.' Their teenagers wandered aimlessly through semesters until their parents reined them in using the same method their mother (me) did. DIRE threats.

Big Guy for blessing me with each and every new generation and the double blessing of being able to share their everyday lives. I am incredibly grateful to have the privilege of scowling at them about a failing grade, high fiving about a good one, turning a Peace jar (kind of homemade snow globe) over and being so impressed with the maker's inventiveness, asking about boy/girl friends and enjoying their squirm.

But one of the best things about grandchildren food and live entertainment. growing up is they are so much bigger now it's really easy to find them behind the gardenia bush after S'mores.

~ Rose Padrick

We always talk about how we want our two political parties to work together. Maybe we can all try that approach for a while.

Amateur Backyard BBQ Contest

The Sharing Center of Central Brevard is proud to announce the 5th Annual Amateur Backyard BBQ Contest. On April 4, 2020, come out to F. Burton Smith Park on Hwy. 520 in Cocoa I hit my knees every day just to thank the to sample some of the best local BBQ around.

> Amateur BBQ Teams from across the county will vie for the title of Amateur Champion Griller in three categories: beef, pork and chicken. Each team will be providing samples of their delicious BBQ for you, the public, who will be voting for rora Street, Cocoa

the People's Choice Champion Griller. While serious competitors are sweating it out, we will be soaking up the rays with great

The event's proceeds will benefit the Sharing Center's Children's Weekend Feeding Program, a program designed to

RosePadrick@gmail.com empower families with children by providing access to healthy food on the weekends during the school year.

hungry kids and was well attended by over 1,000

people. Tickets for the event are \$15.00. This includes entry to the event, 1 BBQ dinner and samples from the BBQ teams. Come enjoy live music by Classic Jurassic, vendors, 50/50 and raffles including a Large Big Green Egg Smoker!

Don't wait until the last moment to get your tickets! Tickets can be purchased at the following locations:

Sharing Center's Thrift Store at 113 Au-

West Cocoa Pharmacy at 2711 Clearlake Rd., Cocoa

Jenniffer Neuman-Dicandio's Allstate Insurance, 950 Fay Blvd., Port St. John

Sharing Center's Thrift Store at 95 E. Merritt Island Causeway, Merritt Island

Sharing Center's Boutique and Donation Center at 7720 N. Wickham Road, Suntree

Tickets are also available the day of the event. Last year's BBQ raised over \$48,000 to feed Come join us for some great BBQ and help feed hungry kids here in our own community.



FOR MORE INFORMATION VISIT US ONLINE AT SHARINGCENTERBBQCONTEST.COM



COMMUNITY CALENDAR

5 PM, Tuesdays and Thursdays at 6:30 PM. Women's AA meets on Thursdays and Fridays, 10 AM. Both AA Groups meet at St. Patrick's Church, 4797 Curtis Blvd.

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 St. Patrick's Anglican Church, 4797 Curtis Blvd. - www.naranonfl.org.

3-3 Compassionate Friends Support Group meets the first Tuesday of every month at 6 PM in Cocoa Beach at the Lutheran Church of the Resurrection, 525 Minuteman Cswy. west of A1A, Fellowship Hall. Call 610-7875 for info. 3-4 American Legion Auxiliary, Unit 359, General Membership Meeting on the 1st Wednesday of each month, 6 PM at the Post Home, 7260 S. US 1, just north of PSJ. Call President Valerie Helmer at 321-268-1632.

3-4 PSJ Startups & Founders Club, a group for new business owners and entrepreneurs, meets on the 1st Wednesday of each month at

Important Phone Numbers

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

Alcoholics Anonymous meets on Sundays 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/.

3-8 International Women's Day! 3-8 Daylight Savings Begins

3-8 Multiple Sclerosis Self-Help Group meets on the 2nd Sunday each month (except Mother's Day & Nov.), 2 PM, Cocoa Library.

3-8 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 3-28 Earth Hour angelagardnerwrites@gmail.com for info.

3-8 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.

3-9 Purim Starts

3-12 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.

3-13 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. 3-16 Moonport Modelers RC Club meets at 6:30 PM, 3rd Monday each month at the N. Brevard Library, 2121 S Hopkins Ave., Titusville. For more info, call Wayne Mendez, 505-2361.

3-17 St. Patrick's Day

3-18 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.

3-19 Spring Starts 3-19 Feast of St. Joseph

3-20 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.

3-22 Lailat Al Miraj

3-24 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: Alexander Delida turns 14 on the 2nd. Landon Townley turns 14 on the 2nd. Sharon Bowen is more lovely on the 3rd. Shawn Townsend turns 22 on the 4th. Kari Grinstead is prettier on the 5th Sam Brown turns wilder on the 5th. Doug Vick turns cooler on the 6th. Isaac Kois turns 30 on the 6th. Mandy Pannullo turns 27 on the 8th. Aiden Firth turns 9 on the 8th. Paris Ragan is the bomb on the 9th. Jason Rockhill turns better on the 9th. Brett Messer turns 24 on the 10th. **Rhonda Rockhill** turns classier on the 15th. Ashley Moore turns cuter on the 16th. Paige Burris turns more lovely on the 17th. Tonya Dees dances all night on the 18th. Lucas Erickson turns 22 on the 18th. Amava Rockhill turns 14 on the 18th. Brent Bray turns 31 on the 21st. Alexys Sladyk turns 19 on the 24th. Carter Niehoff turns 9 on the 27th. Jim Carnell turns buffer on the 29th. Norm & Sue Blum celebrate their 37th Anniversary on the 4th.

Lisa & Cary Troxel celebrate the day Cary robbed the cradle on the 27th. Rock on! Dave and Valerie Hannen celebrate their 35th wedding anniversary on the 30th.

We have lots of room for more good news. Email your inputs to happenings1@att.net.

Resuscitation Quality Improvement

Parrish Medical Center (PMC) is pleased to announce a partnership with the American Heart Association and Laerdal Medical® to save more lives following a cardiac arrest with a new CPR simulation training program called Resuscitation Quality Improvement® or RQI®.

"Poor-quality CPR is a preventable harm," said PMC Vice President Communications, Community and Corporate Services Natalie Sellers. "We're proud to be the first in Brevard to offer the gold standard in CPR simulation training to our care partners with RQI®, a performance improvement program, which serves to support resuscitation quality and skill mastery in accordance with the gold standard recommended by the American Heart Association every time."

PMC's Clinical Education Specialist Ericka Jacobs added, "Recently, I heard a saying that I believe exemplifies RQI and PMC's commitment to our community; 'Practice doesn't make perfect. Perfect practice makes perfect.' We can do CPR every single day, but if we aren't doing it correctly then we are promoting a cycle of poor performance and even worse patient outcomes. RQI stops this cycle."

According to the American Heart Association, every year 475,000 people die from cardiac arrest in the U.S. As recognized patient safety leaders, PMC envisions a world where no one dies from cardiac arrest. The implementation of the RQI simulation CPR training program is an important step toward achieving that goal.

"The more we, as healthcare providers, can practice these life-saving skills, the more competent and confident we become when a matter of seconds can save a person's life following cardiac arrest," said Parrish Medical Center Emergency Department Medical Director Greg Cuculino, MD.

"Parrish Medical Center care partners have the skills, technology, and competence they need to deliver the highest quality care to patients blending the art of healing with the science of advanced cardiovascular medicine," added Dr. Cuculino.



Space Coast Vipers Spring 2020 Varsity Baseball Schedule

Date	Game Time	Game Details
3/03/20	6:00 PM	vs Titusville Terriers
3/04/20	6:00 PM	vs Heritage Panthers
3/09/20	6:00 PM	@ Cocoa Tigers
3/11/20	6:00 PM	vs Bayside Bears
3/23/20	6:00 PM	vs Cornerstone Charter Ducks
3/24/20	6:00 PM	vs Merritt Island Mustangs
3/26/20	7:00 PM	@ Cornerstone Charter Ducks
3/27/20	6:00 PM	vs Cocoa Tigers
3/30/20	6:00 PM	vs Melbourne Bulldogs
4/01/20	6:00 PM	@ Viera Hawks
4/03/20	4:30 PM	@ Holy Trinity Episcopal
4/06/20	6:00 PM	vs Eau Gallie Commodores
4/08/20	6:00 PM	@ Titusville Terriers
4/15/20	6:00 PM	@ Astronaut War Eagles
4/22/20	6:00 PM	@ Rockledge Raiders

Community National Day of Prayer

Join us on May 7th, 6 p.m. at Nicol Park, on the river at the corner of Fay Blvd. and US-1, PSJ. Participating churches: First Baptist PSJ, Reaping the Harvest, Frontenac Baptist, FUMC PSJ and the Special Gathering will provide the service. Our Guest Speaker: Sheriff Wayne Ivy. (Please bring your folding chair in the event we run out.)



Port St. John Public Library

6500 Carole Ave., Port St. John Lena Penna, Director (321) 633-1867

March Calendar of Events

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

Adult Programs:

Master Gardener Clinic - Mondays, 2-4 pm SHINE – Tuesdays, 12-3 pm. Call for an appointment time, 321-222-7981.

Overeaters Anonymous: Saturdays, 9:30-10:30. **Juvenile Programs:**

Infant Laptime: Tues, 9:15 am, Ages 3m to 24m. Brick by Brick: LEGO free play Tuesday, 3:30 pm, Ages 5-10.

STIR: Thurs, 3:30 pm, Storytime for Schoolaged kids.

Storytime: Fridays, 10:30 am, Toddler through Preschool.

Port St. John Pokémon Club, 3/14, & 3/28, 10 am-12 pm, regulated game play.

Meetings and Events:

3/11, 6:30-7:30 pm, The Bookworms book club 3/18, 6:00-7:00 pm, Cook the Book club. Stop by the Reference desk to check out the book, then make and bring a recipe to share! 3/25, 5:30-6:30 pm, Friends of the Port St. John Library bi-monthly membership meeting.



Library Annual Election of Officers, March 25, 2020

MEDICARE QUESTIONS... PART A, PART B, PART C, PART D... TURNING 65... CONFUSED??? LET US ANSWER YOUR QUESTIONS!!!

at 6 pm.

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Parrish Medical Center Offers Free Community Support Groups

es and support groups for community members. 3:30-5 p.m., Heritage Hall, 931 N. Washington See the upcoming March 2020 support groups Ave., Titusville listed below:

· AWAKE Sleep Disorders Support Group Celebration: Monday, March 9, 6-8 p.m., Parrish Healthcare Center, 5005 Port St. John Parkway, Port St. John

· Caregiver Support Group: Thursday, March 5 Titusville and 20, 9:30-11:30 a.m., Heritage Hall, 931 N. Washington Ave., Titusville

11 a.m., Heritage Hall, 931 N. Washington Ave., Titusville

Friends of the

Parrish Medical Center is offering free class- • Diabetes Support Group: Thursday, March 12,

· Diabetes Community Education Class: Thursday, March 19, 3-5 p.m., Parrish Medical Center, 951 N. Washington Ave., Titusville

· Fearless Café: Wednesday, March 4, 10-11 a.m., Heritage Hall, 931 N. Washington Ave.,

• HealthBridge | Active Living: Tuesday, March 3, 9:30-11 a.m., Parrish Medical Center, 951 · Caregiver Academy: Thursday, March 12, 10- N. Washington Ave., Titusville. We believe in blending the art of healing with the science of advanced medicine to keep your body in motion. Parrish Health & Fitness Center Manager Tammy Shelley will give attendees tips on how to make active living a lifestyle and Director of Athletic Training Kellie Way will teach how to be safe while doing so. Everyone is invited to participate in chair exercises and ergonomic training.

· MAK Gathering (Moms and Kidz) Support Group: Mondays and Wednesdays (March 2, 4, 9, 11, 16, 18, 23, 25 and 30), 10-11:30 a.m., The Children's Center, 5650 S. Washington Ave., Titusville

· Parkinson's Support Group of North Brevard: Thursday, March 19, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville

Pulmonary Hypertension Support Group: Tuesday, March 10, 3-5 p.m., Grace United Methodist Church, Merritt Island

Stroke-Heart Survivors Group: Tuesday, March 17, 2-4 p.m., Heritage Hall, 931 N. Washington Ave., Titusville

· Parrish Partners Cancer Support Group: Monday, March 16, 4-5:30 p.m., Parrish Medical Center, 951 N. Washington Ave., Titusville

· NAMI (National Alliance on Mental Illness) Family Support Group: Wednesday, March 4, 6-7:30 p.m., Palm Point Behavioral Health, 2355 Truman Scarborough Way, Titusville

The support groups are free, but space is limited. For more information, and to preregister, visit parrishhealthcare.com/events.

Wouldn't it be ironic if Popeye's Fried Chicken was fried in Olive Oil?

Earth Hour Day

Earth Hour Day refers to a period where people are encouraged to turn off nonessential electric lights for one



hour to stop emissions and let EARTH HOUR DAY the earth heal.

The wealth of the nation is its air, water, soil, forests, minerals, rivers, lakes, oceans, scenic beauty, wildlife habitats and biodiversity... that's all there is. That's the whole economy. That's where all the economic activity and jobs come from. These biological systems are the sustaining wealth of the world. - Bill Vaughan

This year the official hour will be 8:30-9:30 pm on Saturday, March 28th, but you could use any hour of any day to take part. After all, that is prime date night and youth sports hour, but there are other hours in the day when you could participate and help our earth.

The first lights-off event began in Sydney, Australia, in 2007. Hundreds of the world's most iconic landmarks, from the Empire State Building to the Eiffel Tower and the Sydney Opera House participate in Earth Hour. This year, take

a walk around your town and see which buildings switched off their lights for the planet.

March 28 is as good a day as any to make a resolution to reduce your carbon footprint. Don't drive the car, turn off the lights and maybe take a walk.

If we do not permit the earth to produce beauty and joy, it will in the end not produce food, either. - Joseph Wood Krutch

Recycled Paint Giveaway

Free recycled paint will be available to residents of Brevard County on Wednesday, April 8, at two locations. The paint will be available in limited quantities at Solid Waste Household Waste Collection Centers located at the Central Disposal Facility, 2250 Adamson Road, in Cocoa; and the Sarno Road Landfill, 3379 Sarno Road, in Melbourne.

Residents will be able to receive up to 15 gallons per residential address. Paint will be available on a first-come, first-serve basis only.

Proof of residency will be required in order to current residential address or property tax notice).

The recycled paint is available in five colors and one floor paint.

COLORS: Off white; Gray; Green; Light Beige; Dark Beige; and Texture floor gray.

For more information regarding the recycled paint, call (321) 633-1888, (321) 633-2042 or visit our website at www.brevardcounty.us/swr.

Spring Fine Art & Craft Fair

It is that time of year and once again we are in planning for a great 2020 Art & Craft Fair season here in Historic Cocoa Village. We kick off with two days of fabulous Arts and Crafts in the streets of Historic Cocoa Village - the Spring Fine Art & Craft Fair, Saturday, Mar 7, 10:00 am - 5:00 pm and Sunday, Mar 8, 10:00 am - 4:00 pm on the streets of Cocoa Village.

Over 200 art and craft vendors will be present with street entertainment, fantastic food, beer garden and more. The event is kid and pet friendly. Free Admission! Free Parking! Fun for the whole Family!

For more information, call 321-631-9075 or obtain paint (i.e. valid driver's license with the email: info@VisitCocoaVillage.com or 321-631-9075.



Avoid Bad Check Scams

Bad check scams are a popular way for scammers to trick people into sending them money. Thousands of fake check scams are reported each year according to the Federal Trade Commission. A fake check scam involves a scammer sending someone a check and asking for money back.

Different scenarios include car wrapping, selling items online and secret shopper opportunities. Launch FCU's Information Security Officer, Jennifer Young, monitors these scams daily and says they're more popular than ever. She says scammers are finding new ways to initiate these scams because it's an easy way to take money from people.

What are the different scenarios scammers use?

Legitimate ways of earning additional income are offered. Someone offers to buy a product you're selling online. Someone requests taxes and fees in advance for a sweepstakes you magically won.

How are these scams initiated?

Ads are placed on popular job sites, social media or public venues. Scammers will call, text or email you. They also use message boards and social media to private message you.

How does the scam work?

A job or prize is offered quickly and easily. Sometimes the victim doesn't remember applying. The victim receives a check over the amount. The check comes with instructions that may state the person is to keep the amount agreed upon for payment and send the rest back via wire transfer, gift cards or cash.

A bank discovers the deposited check is bad, consequently leaving the victim stuck paying back the bank. The scammer already has the money sent by the victim.

What are the indicators of a check scam?

The scammer is eager to close the deal quickly. Payment is above normal asking price and/or industry standard. The check comes with instructions to send additional funds back.

Young says a popular scam right now is car wrapping, which is especially popular with college students. Car wrapping is a way for businesses to advertise upcoming events or products. The scam usually starts in the form of a text or call offering students to "Get Paid to Drive" for a payment of \$250-\$300 per week.

Students are sent a check to pay a specific specialist to wrap their car. The specialist requires them to deposit money directly into their bank account or send a money order because these funds are hard to cancel. The student keeps the rest of the funds as payment.

Deposited check funds are put on a hold and the scammer knows when this hold will expire. Young says the holds often expire before the check is returned as bad, consequently leaving the student responsible for the amount of the bad check.

If you would like more information on bad check scams, visit the Federal Trade Commission's Consumer Information Blog and Fraud. org's Fake Check Scams. In addition, check out Launch Federal Credit Union's blog to learn more about different scams.

Painting For Paws

Help celebrate the "Four Year Anniversary" of Tails at the Barkery in Cocoa Village by joining us for "Painting for Paws" on Saturday, March 7 at 5:30 p.m. "Luminous Wax" wil

Looking for that perfect gift for a special someone in your life or even for yourself? How about a one-of-a-kind, painted by YOU, picture of your favorite pet on canvas?

You don't have to be an experienced artist to participate. You will be guided, step-by-step, through the painting session by Lori Prell of Lori Prell Studio.

The session costs \$50.00 which includes paint, canvas and instruction. Beverages and snacks will be available, too. Half of all monies collected will be donated to Great Dane Love – A Central Florida Rescue, Inc., an all-volunteer, non-profit 501(c)(3) rescue that was established in September 2012 and whose mission is to help with the re-homing of displaced Great Danes and providing ongoing education regarding responsible Dane ownership and care.

Visit Tails at the Barkery, 308 Brevard Avenue, Cocoa Village, or Lori Prell Studio, 404C Brevard Avenue, Cocoa Village, to reserve your spot.

Text the photo you'd like to paint to (321) 626-1801 or drop off a photo at the studio. Reservation and payment due by Thursday, March 5th.

Luminous Wax: An Encaustic Medium Exhibit

Painting with wax? Is that possible? It is if you master Encaustic Painting. The Studios of Cocoa Beach, 165 Minuteman Causeway in downtown Cocoa Beach, features this art form in their current exhibit, "Luminous Wax."

Encaustic is an ancient technique, favored by the Greeks and Romans, using hot wax mixed with colored pigments. A resurgence in popularity finds artists using various ways to heat and manipulate the wax, producing dimensional effects, adding collage materials and layered effects. Although technically challenging, the technique is prized for its dimensional quality and luminous colors.

Nine guest artists are participating in the show judged by Megan Boye. Best of Show was won by Tom Carmon for his work, "Time Without Meter." Second place went to Francine Michel and Third was awarded to Kathy Stutzman. Other artists exhibiting include Shelley Jean, Alan Lindenmuth, Judy Pickett, Sally Auman, Linda Lopez and Ali Lanenga.

"Luminous Wax" will be on display through March 23rd. Visit the Studios of Cocoa Beach to view this exhibit as well as the work of 30 local artists: Monday and Tuesday 10:30 am to 3:30 pm, Wednesday to Saturday 10:30 am to 8:00 pm, and Sunday 11:00 am to 4:00 pm. For more information on the exhibit and this non-profit gallery, call 321-613-3480 or visit the website www.studiosofcocoabeach.org.

~ Ann Welly Revels

National Active and Retired Federal Employees Association (NARFE)

NARFE Apollo Chapter 1137 meets monthly on the second Monday of each month at Kay's BBQ Restaurant, SR 520 in Cocoa. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

Our next meeting will be March 9th. Our speaker will be Marge Clericuzio, who will bring us up to date on the latest changes to filing our income taxes. No reservations required.

Our website address is www.NARFE.org/ Chapter1137.

On the Road With Rose

Fav Lake Wilderness Park 6300 Fay Blvd. 321-633-1904

https://brevardfl.gov.faylake

This great park is actually 192.7 acres of three separate but connected parks, one better than the other. The best way to access it is to follow Fay Blvd. all the way to the west end. After crossing Golfview you can continue straight, then pull into the parking lot to your left and enjoy the county and I have always found the bathrooms to playground with your little ones.

There is a slide, monkey bars and more or just allow your inner kid to emerge and have a great game of freeze tag (if you don't know what that is, ask your grandmother) on the large expanse of grass, wander a little in the woods, the dock is perfect for wildlife watching or fishing. There is a large pavilion, BBQ grill and water spigots. The rest room is at the edge of the parking lot. Running in front of the rest rooms is a paved walking trail leading to another dock, then to a smaller pavilion and the other playgrounds.

The only place dogs are allowed is the dog park to the right, well separated and a little further than the playground. It is the largest dog park I have ever seen, fully fenced and separated for small and large dogs. As with all the parks encompassed by Fay Lake Wilderness Park, it is very well maintained, including water faucets, chairs and benches for two-legged visitors, water and plastic 'pick up' bags for the four-legged ones. Please clean up after your dogs and throw any trash in the containers.

Most dogs are human and dog friendly but I always keep mine on leash until I'm sure they are going to get along with the ones already there, just in case. I absolutely love to see them all running and enjoying themselves.

Had you taken the first left – I have not seen a road sign – you will pass a county maintenance and security facilities on your left. Please keep a sharp eye out for tortoises. They frequent the area and do not look both ways before crossing the road.

There is a road leading to a small grassy area and another road leading to the big park further up on your right. Plenty of parking backs up to a pretty little pond. There is a large pavilion with BBQ grill, water spigot, water fountains and

trash cans. The playground looks like a wilderness fort and has something for all ages. There are also baby and regular swings, climbing wall, several slides, monkey bars and more. All the playgrounds have soft rubber mulch (?) floorings. There is lots of open grass for games, gymnastics or just plain running around, which leads to yet another dock for fishing or wildlife watching and another smaller pavilion.

The whole park is very well maintained by the be clean. My friend rented this pavilion for her family's Christmas get-together and was pleased with the cost and helpfulness of the employees.

Once again I ask that you take only pictures and leave only footprints. This is a wildlife area and they were here first. Should you happen upon a raccoon, armadillo or any woodland creature, please give them a wide berth. It's very tempting to want to share a bit of food but not only can it make them sick, they become unafraid of humans and someone could get bitten.

Speaking of things that bite, should you spot one or more of the abundant alligators while enjoying the docks, please do not feed or engage them. They are just big, dumb lizards and quickly become accustomed to humans. Also, please do not walk around nor fish from the waters edge. This is the alligators' home and even small ones can and do attack when startled or cornered.

I encourage everyone to come out and enjoy our wonderful weather in one of the jewels of our area.

~ Rose Padrick

Don't Be Fooled by UPS and **Fedex Emails**

There are emails going out showing UPS and Fedex logos that look to be real from those companies asking for personal information and account ID's. UPS and Fedex do not send emails asking for personal information, package information or account information. If you click on the link, it is a phishing scam and infects what you opened it with.

If you have questions regarding a package you have sent or are receiving, call or go to their websites to check on your packages. If you sent your package through The Shipping Depot of Port St. John, we will be happy to track your package.

If you have any questions or received one of these emails, contact fraud@ups.com for UPS and abuse@fedex.com for Fedex Ground and Express.

Thank you for a wonderful 13 years serving Brevard County.

The Shipping Depot of Port St John 728 West Avenue, Port St. John 321-632-8681 321-795-5120 cell

Lenten Services

Lenten Services will be on the following dates at the listed locations:

Wednesday, March 4, 6:30 p.m. at First United Methodist Church (FUMC) Titusville, Pastor Charlie Watts -Introduction to "The Beatitudes: The mind of Christ."

Wednesday, March 11, 6:30 p.m. at FUMC PSJ, Pastor Bill Corristan - "Blessed are the poor in spirit and blessed are those who mourn."

Wednesday, March 18, 6:30 p.m. at Mims UMC, Pastor Patricia Pena - "Blessed are the meek and blessed are those who thirst and hunger for righteousness." They will serve Corned Beef and Cabbage dinner for \$8. At 5:00 1st come first serve. Great cooks. Hmmmmmmm!

Wednesday, March 25, 6.p.m. at St. Andrews UMC in Titusville, Pastor David Charlton -"Blessed are the merciful and blessed are the pure in heart

Wednesday, April 1 6:30 p.m. at IRC UMC in Titusville, Pastor Wayne Cook -"Blessed are the peacemakers and blessed are those who are persecuted for righteousness sake and the name of Jesus."



LNG Point of View

I have been catching up on Happenings and feel compelled to share this view on the subject of Liquid Natural Gas production so close to home. Let's start with a little history.

The site in Titusville where a LNG plant is being constructed and expanded is the home of an old oil fired electric generating plant. Previously, this plant was fueled with oil brought to Port Canaveral on small tanker ships and transferred to a tank farm on the south shore of the port. Barges were tied up at the dock just east of the Grill's Tiki Bar and boat ramp. Oil was transferred from the tanks to the barges and tug boats moved the barges through the lock, across the Banana River Lagoon, through the Merritt Island Barge Canal and up or down the Indian River Lagoon to various electric generating plants such as the one in Delespine. If you were ever at the Tiki Bar or the boat ramp when the barge was loading, you remember the strong odor of fuel oil.

After the terrorist attacks of 9/11, public access to the lock was closed, since this infrastructure facility was considered a target. Imagine a bombing attack on an oil barge in the lock. We can also imagine accidents and oil spills in our lagoon system. Like the Iranian threat to the Strait of Hormuz, how would we fuel our power plants if we could not efficiently get the oil?

Since then, we have been converting our electrical generating plants to new systems that run on Natural Gas and are much cleaner and more efficient. Using natural gas instead of oil for fixed power plants helps us conserve the oil for our land transportation needs. The gas is now delivered by an underground pipeline.

On the subject of underground pipelines, Port Canaveral today receives fuel products by tankers that transfer to a new tank farm on the north side of the port. A pipeline carries products like jet fuel to the Orlando airport. This avoids transportation of hazardous liquids on our roads.

The railroad is another frequent target of complaints. Federal Regulations have been phasing in emissions standards for diesel engines, such as those on cars, trucks, construction equipment and trains. The Florida East Coast Railroad (FEC) has been on the cutting edge of this technology, adding upgraded locomotives to the fleet. A trendsetter in the industry, FEC now operates LNG powered locomotives where 85% of the energy can come from LNG, with the balance from diesel. You can see these trains every day. They have a tank car or "LNG Tender" between the first two locomotives. This gives us cleaner air.

And do not forget that every one of those containers or trailers on the train is one less tractor-trailer on the interstate. Is it perfect? No. But so far it is the best we can do.

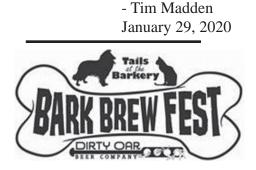
The LNG Tenders used by FEC were built and tested in the United States, including survival after a direct impact by a heavy tractor-trailer truck. While an accident or an attack might cause a large fire ball, LNG is different than propane and will do much less environmental damage than a diesel fuel spill. You might recall a train derailment near Suntree a couple of years ago. One locomotive was rolled over and spilled oil and fuel. There was ground water contamination that took a major effort to clean up.

Port Canaveral is now well known as a Cruise Port, often hosting six ships on a busy day. The Space Coast is becoming a "Port of Call" for ships that are based in other cities. The British Broadcasting Corporation (BBC) recently did a long report on cruise ship pollution. We think back to the days when ships dumped trash and raw sewage at sea, but the report was based on carbon and particulate emissions compared to automobiles and the possible impact on global warming.

The cruise lines are constantly designing and building new ships to serve this growing market. Older ships are being retired or upgraded. You may recall a small fire on Freedom of the Seas in Jamaica a couple years of ago. Fortunately, it was not a disaster. The work being done at the time, and responsible for the fire, was the installation of exhaust scrubbers so that the ship would have a cleaner foot print!

Modern ship technology, like railroad locomotives, is moving to LNG. The shipping industry is considering LNG for tugboats, too. What is lacking today is the infrastructure to refuel these vessels at the ports where they operate or call. Port Canaveral will need access to this resource. LNG powered cruise ships are already being constructed and will be calling Port Canaveral home. It is my opinion that safety is improved and the environment is better protected by the use of LNG and pipelines to transfer this fuel the last mile to the transportation industry.

Growth and change are coming to our home town. While we raise our concerns, we need to allow solutions and expect long term improvements.



You are invited to the 11th Bark Brew Fest presented by Tails at the Barkery and the Dirty Oar Beer Company on Saturday, March 21st, at the Dirty Oar Beer Company from 5:00 p.m. to 7:00 p.m. in Cocoa Village. Play St. Patrick's Day Bingo to win a fabulous prize! Bring your canine companion, sip your favorite libation, enjoy delicious food from Bruno's Brah-itos Surfing Up Flavor Food Truck, and join us for an evening of fun, including raffle baskets and a 50/50 drawing.

All proceeds to benefit golden retrievers and golden retriever blends rescued by Golden Retriever Rescue of Mid-Florida, www.grrmf.org, a 501c3 nonprofit, whose ongoing mission is saving, protecting, and rehoming golden retrievers and golden retriever blends that have lost their home and family. Serving our community since 1991 and supported by an all-volunteer staff, donations, and foster homes, GRRMF provides intervention, medical care, a home based foster care environment, adoptions and community education.

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

We hope you can join us!

Contact: Golden Retriever Rescue of Mid-Florida, www.grrmf.org/ or Pam Shaia at Tails at the Barkery, (321) 305-4584 or Dirty Oar Beer Company, (321) 301-4306.

Just an observation: If you think nobody cares whether you're alive, try missing a couple of payments.

Walter Butler Community Center - March, 2020 Bernice G. Jackson Park, 4201 North US Hwy. 1, Sharpes

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

Mondays

16th - Spring Break Camp, 7 a.m.- 6 p.m. 23rd - Spring Break Camp, 7 a.m.-6 p.m. Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m. Pickleball, 11a.m.-2 p.m. Kids in Motion, 2-6 p.m. Chess Club, 4:30-5:15 p.m.

Tuesdays

17th - Spring Break Camp, 7 a.m.- 6 p.m. 17th - Election Day, 7 a.m.- 7 p.m. Introduction to Computers Class, 11 a.m.-12 p.m. Pickleball, 11 a.m.-2 p.m. Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m. Kids in Motion, 2-6 p.m. 4-H Garden Club, 3-4 p.m. Lego Club, 4:30-5:15 p.m.

Wednesdays

18th - Spring Break Camp, 7 a.m.- 6 p.m. Pickleball, 11 a.m.-2 p.m. Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m. Kids in Motion, 2-6 p.m. Volleyball, 5:30-8 p.m.

Thursdays

19th - Spring Break Camp, 7 a.m.- 6 p.m. Introduction to Computer Class, 11 a.m.-12 p.m. Pickleball, 11 a.m.- 2 p.m. Open Computer Lab, 11 a.m.-2 p.m. & 6-8 p.m. Kids in Motion, 2-6 p.m. Volleyball, 5:30-8 p.m.

Fridays

20th - Spring Break Camp, 7 a.m.- 6 p.m. Open Computer Lab, 9 a.m.-1 p.m. Pickleball, 11 a.m.- 1:30 p.m. Kids in Motion, 2-6 p.m. 4-H Garden Club, 3-4 p.m.

Saturdays

Pickleball Tournament, 9 a.m.-6 p.m. Open Computer Lab, 10 a.m.-2 p.m. Basketball League Games, 10 a.m.-2:30 p.m.

Sharpes Community Brunch

Hosted by The North Cocoa Civic League every third Wednesday of the month, 10:15-11:30 a.m., this event is free. For more information, contact Jared Lewis at 321-412-0577 or the Walter Butler Community Center (321)433-4448.

4-H Junior Master Gardner Program

The Junior Master Gardner Program engages participants in novel, hands-on group and individual learning experience that promote a love of gardening, develop an appreciation for the environment, and cultivate the mind. Classes will be held on Tuesdays and Fridays 3-4 p.m. For more information, contact the Walter Butler high school seniors who reside in the Parrish Community Center (321)433-4448.

2020 Spring Youth Basketball League - Program designed for boys and girls ages 5 to 14. Games played each Saturday 10 a.m.-6 p.m., March 28 - May 17. Primary focus will be to build upon and improve skills sets of each participant. Practices are held Monday evening 5-8 p.m. cost is \$30 per player. Contact the Walter Butler Community Center at (321)433-4448.

Kids In Motion - After school program that focuses on anti-bullying and educational hands on projects such as the Choice Program, 4-H club and STEM programs and Kids Art to enhance learning. Monday -Friday, 2-6 p.m. \$30 a week. Discounts do apply for those who qualify. For more information contact Walter Butler Community Center at (321)433-4448.

Volleyball Fundamentals - Teaching proper playing techniques and teamwork. This class focuses on teaching beginners how to properly bump, set, spike and more.

Classes will be held on Wednesdays & Thursdays 5-8 p.m.

For more information, contact the Walter Butler Community Center (321) 433-4448.

Scholarship Applications for Healthcare Students

Jess Parrish Medical Foundation (JPMF) and Parrish Medical Center (PMC) Auxiliary are now accepting scholarship applications from high school seniors who plan to pursue a career in a medical or healthcare field. The organizations have combined their scholarship programs and will announce scholarship recipients in May 2020.

Scholarships will be awarded to graduating Medical Center service area (SR 528 north to the Brevard/Volusia county line). Students must have a 3.0 grade point average or greater, based on a 4.0 scale.

Students who have been awarded a JPMF and/ or PMC Auxiliary scholarship in previous years may reapply provided they are continuing in a medical/healthcare field and have maintained at least a 3.0 grade point average. Graduate students are not eligible.

High school students who attend Astronaut High School, Space Coast Jr./Sr. High School and Titusville High School may obtain an application from the Guidance Office at their school. Others may obtain an application by calling the Jess Parrish Medical Foundation at 321-269-4066 or by visiting parrishmedfoundation.com/scholarships. The deadline for submitting applications is Friday, March 6, 2020.

Persons With Disabilities Dances are held at WBCC every 1st and 3rd Friday of the month from 7-9 p.m. all ages welcome.

Contact Andrea Chestnut, 321-264-5058 or 321-264-5105.

Meet your neighbors and stay informed of Events & Community	Happenings!
CANAVERAL GROVES HOMEOWNERS INC.	6

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	
Won't you come join us? We m	neet the 2nd Thursday of the month at Discovery Church,

3925 Grissom Pkwy. at 7:00 PM. www.CanaveralGrovesHOA.com

Canaveral Groves

SLEEPY Hollow



Fruit From The Groves

A meeting of the Canaveral Groves Homeowners Associations was held on Thursday, February 13, 2020 at 7 p.m. at the Discovery Church on Grissom Parkway. It was nice to see the number of people that showed up and the ones who became new members.

and discussed.

Several people brought up issues about Waste Management not picking up trash or recyclables on the assigned days. Please make sure your trash/recyclables are out prior to 6 a.m. on the day of pick up. Waste Management can be called at 321-636-6894 to report problems or request pickup of large items.

A question was asked about the number of homes in the Groves. There are 979 homes as of February 15, 2020.

A couple of thefts were reported in the Groves. Most of them were because vehicles were left unlocked and property was left out in plain view. It is also not good to leave high dollar items such as ATV's out in the open, which are considered easy prey for a thief.

There was a reported home burglary. The perpetrators attacked the side door of the home, prying the locks. The homeowner was unsure if anything was taken at this time.

There was a shooting reported in the Groves. It turned out to be a suicide. Prayers and understanding for the victim, his family and friends.

There was a lot of talk and concern about the housing development by Virgin Train. Some ideas were floated around. A committee of 5 individuals volunteered to talk to Commissioner Pritchett on February 17, 2020.

On February 17th, the meeting was held with Commissioner Pritchett. She advised that her first concern with the complex that is being built is storm water runoff into the Groves. She is trying to resolve that issue because this could cause substantial flooding into the Groves.

She listened to the group's ideas and came up with some of her own. She advised that Bahia St. will go into the complex, however it will be restricted for Emergency Services Only and be gated.

The Commissioner suggested that the people There were a number of topics brought up in the Groves write 'nice' letters to Virgin Trains asking them to help resolve any and all problems that may be caused by their complex that could effect the people in the Groves. Also, she advised at the present time, she has a good working relationship with both the City of Cocoa and Virgin Trains trying to solve some of the problems.

> The petitions were delivered to the Commissioner with 483 signatures.

> The next meeting is on Thursday, March 12, 2020 at 7 p.m.. It will be held at Discovery Church on Grissom Parkway.

> > Edward Silva President Canaveral Groves Homeowners Association

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, March 24th, 2:00-5:00 p.m. at Elks Lodge #1532, 315 Florida Ave., Cocoa. The event is open to the public. Admission is free.

CFAC is a Not-for-Profit Florida Corporation, and is tax exempt under Section 501c4 of the Federal Tax Code. The club is dedicated to promoting the visibility and value of the accordion as a multi-cultural musical instrument in information, call 321-636-3343 x 218. Central Florida.

For more information, contact Rod Hall, 866-455-2322.

Brevard Humane Society's Dog Surfing Championship

Aloha to all Beach Boys, Bums and Bun-

nies! 2020 is the year to cheer! The Brevard Humane Society is partnering with Beachside Media for the 56th Annual Easter Surf Contest and the 7th Annual East



Coast Dog Surfing Championship! Hosted annually during Easter weekend, April 11 and 12, this event brings in surf fans and pet lovers for two days of tail wagging entertainment. This year, look for bigger and better surprises, aside from dogs on the beach, dog surfing lessons and the Dog Surfing Championships.

"We are excited to see the event grow, as it enhances the animal-companion bond," said Theresa Clifton, Executive Director of the Brevard Humane Society. This year, the Brevard Humane Society will be acknowledging the passing of Surf Pig during the morning paddle out. Surf Pig, a three-legged female Jack Russell Terrier from Cocoa Beach, passed away over the summer. She was the reigning East Coast Dog Surfing Champion for the past two years and won Overall Best Dog at last year's competition. "We were saddened by the news of Surf Pig's passing, as she was a crowd pleaser and will be missed at this event," explained Clifton.

Grab your wetsuits, shortboards (or longboards), and prepare to bring the heat on some gnarly waves! Hopefully we won't see any wipeouts, but some perfect 10's instead! The competition is open to amateurs and pros alike! For \$5, your dog can hang on the beach with you! For more information visit www.brevardhumanesociety.org. For sponsorship and vendor

The Brevard Humane Society is a no-kill, 501(c)(3) non-profit organization founded in 1952.



Catherine Schweinsberg Rood Central Library & Reference

308 Forrest Avenue Cocoa, FL 32922 (321) 633-1792 **ADULT PROGRAMS**

Let Ree show you how to make quality, ornate gift cards for any occasion at her Art Gallery Cards class on Mondays at 10 am. A \$10 charge covers supplies and instruction.

Participate in the Watercolor Techniques class with Pearl Ollie on Tuesdays from 10 am 'til noon. All skill levels are welcome. Cost is \$10, supplies included.

Be gently guided into poses that will give you more flexibility and relaxation at the Gentle Hatha Yoga class with Emily on Thursdays at 10:30 am. Bring towel/yoga mat. Cost is \$5.

Come out for Popcorn and a Movie on Thursdays this March at 2 pm. We'll show the best in recent box office hits, and classic films. FREE.

Join Jeanette in her Stick Fitness exercise class on Tuesdays at 6:30 pm! It's an upbeat, fun, energetic and rhythmic way to get in shape! Cost is \$5 per class. Bring a mat/towel.

Learn how to surf the internet at our Intro to the Internet class on Wednesday, March 4 at 10 am. This class is FREE. Please pre-register with Reference at 321-633-1792.

Learn calming relaxation techniques at the Inner Peace Meditation class on Thursdays, March 5 & 19 at 6:30 pm. Cost is \$5.

Join Daniel for Upcycling--creating a new, functional craft out of old, discarded items, on Saturday, March 7 at 2 pm. March's Upcycling craft will be a Bromeliad terrarium. Supplies provided. FREE.

Experience deep peace and relaxation at the Japa Meditation session on Tuesday, March 10 at 11 am. Mala prayer beads will be provided to those who didn't receive one at previous sessions. FREE.

Many ailments in the body are caused by inflammation. Find out about those ailments, and how to naturally remedy them at the Six Steps to Restoring and Optimizing Your Health class on Saturdays resuming on March 14 at 9:30 am. This is weeks 4-6 of a FREE 6-week course.

Join the monthly Mystery Book Club discussion where everyone reads a different book on a common theme. March's theme is The American and horns. These engines are much quieter than West (old and new). The discussion will be on Thursday, March 19, from 12:15 pm- 2:15 pm. Contact the Reference Desk at 321-633-1792 for quieter since they carry less weight, are larger further details.

Come hear the musical and vocal stylings of Elemental Groove at our Free Sunday Concert on that combine jazz, Latin, reggae and funk. FREE.

Join Normandie for the Bead Ladies Jewelry class on Thursday, March 26 at 1 pm. March's jewelry craft is Mahjong tile jewelry. The \$20 cost includes instructions and materials. For more information, and to pre-register, call Normandie at 321-225-1394.

Brightline

A late friend of mine and contributor to Happenings was an opponent of the train. As time has passed, I have discovered some things about this train that changed my opinion.

Two years ago, I took a day trip to West Palm Beach, the northern station on the Brightline. We had booked "Select Class" tickets to Fort Lauderdale, the southern and only other station at the time. This was a great experience.

Last week we traveled "Smart Class" from West Palm Beach to Miami as part of a cruise package that included baggage transfer to the ship and parking in West Palm Beach.

The train is very clean, quiet and comfortable, regardless of class. The stations are also comfortable and well organized. Unlike air travel, you can walk past the steward and beverage cart in the aisle. The rest rooms on board are fully Americans with Disabilities Act (ADA) equipped and often photographed by passengers. I learned that Florida Power and Light (FPL) provides Bio-diesel fuel for these locomotives.

The trains themselves use two locomotives and have only four cars. They can be expanded to seven cars limited by the length of the station platforms. The trains were built in California by Siemens. One locomotive on each end allows the trains to reverse direction and operate safely as needed.

Having addressed the pollution issue to our current best technology using bio-diesel, the next biggest objection will be noise. Train noise comes from three major sources; engine, wheels freight trains since they require much less horsepower to move a very short train. The wheels are in diameter and the trains are "permanently" coupled; there is no slack and bump between cars.

Last, our home might be concerned with Sunday, March 22 at 3 pm! Enjoy their selections horns. Horns are required (unless restricted) to warn people at grade crossings. Our area will not have any grade crossings between Michigan Avenue in Cocoa and the Orlando airport. Grade crossings in Cocoa and south will be a concern, as are existing crossings used by freight trains. New train and crossing controls being developed and installed will automatically communicate with the train and will be able to stop the train before the crossing if the gates malfunction. This is mandatory for trains traveling over 70 miles per hour.

> There were many who objected to the train, speculating that we would not have a local station. I disagree with this view, since if the train never comes through here, there will never be a station. If the train does come through here, and there is demand from people who will buy tickets, we will likely see a station near the Cocoa Walmart. Based on the proximity to cruise port and other Space Coast attractions, I expect to see one built. In the meantime, it will be a lot easier to drive to Orlando than West Palm Beach if I want to visit Miami.

> > - Tim Madden January 29, 2020

Dinner and A Prayer Service Who? You!

What: Dinner and a Prayer service; free dinner and prayer every Wednesday at 6:00 p.m. at Walter Butler Community Center, US 1, across from Fairglen Elementary School.

No reservations required. All demoninations are welcome to attend. Come make some new friends!



Celebrating National Doctors' Day

March 30

With caring hearts, the doctors of Parrish Healthcare's integrated system commit to the highest standards of medicine. Through collaboration, your Parrish Healthcare doctors serve as nationally recognized patient safety leaders.

Thank a physician for their caring heart.



parrishhealthcare.com

Where the Art of Healing comes to Life.

