



HAPPENINGS of PORT ST. JOHN Inc.

Weekly Edition

July 24, 2026

Parrish Medical Group Now Offering Year-Round Sports Physicals and Electrocardiograms (EKGs) for Student Athletes

Parrish Healthcare is expanding access to student athlete health services by now offering year-round sports physicals and electrocardiograms (EKGs) for students.

A pre-participation sports physical is an important step in helping determine whether a student is healthy enough to safely participate in athletics. During the exam, a healthcare provider will review the athlete's medical history; evaluate their overall health; assess their heart, lungs, joints, flexibility and strength; and discuss any previous injuries. The goal is to identify medical conditions or physical concerns that may require treatment or further evaluation before the student begins training or competition.

"Completing sports physicals gives us the opportunity to ensure North Brevard student-athletes are physically ready to compete safely," said Dr. Anthony Allotta, a sports medicine physician with Parrish Medical Group. "If a student has a condition that may prevent participation, we can identify it early and create a plan to address it proactively."

Sports physicals were previously only available during select pre-school-year community sports physical events. Year-round availability gives families the flexibility to schedule appointments throughout the year, making it easier to meet school and athletic participation requirements before any spring, summer, fall or winter sports season. By offering these services on an ongoing basis, Parrish Medical Group is helping ensure student athletes have convenient access to affordable, preventive care whenever it's needed.

Electrocardiograms (EKGs) will also be available year-round and provide additional insight into a student's heart health by measuring the heart's electrical activity. Although not required by most schools, an EKG can help identify certain underlying heart conditions that may not cause noticeable symptoms but could increase the risk of serious cardiac events during strenuous physical activity. When performed alongside a sports physical, an EKG offers a more comprehensive assessment of cardiovascular



health and can help guide recommendations for safe participation in sports.

Sports physicals are available for \$10 per student, and EKGs are available for \$20 per student. A parent or guardian must accompany the student to their appointment.

"Student athletes deserve access to affordable, convenient healthcare that helps them perform their best while prioritizing their safety," said Annabell Prigge, Assistant Vice President of Operations at Parrish Medical Group.

Appointments will be available at Parrish Healthcare Center in Titus Landing, conveniently located at 250 Harrison Street, Suite 200 (2nd Floor), Titusville. To schedule an appointment, please call 321-268-6868.

National Active and Retired Federal Employees Association NARFE Space Coast Chapter 1137 meets monthly on the second Monday of each month. Our new location is the Red Lobster, 215 E Merritt Island Causeway, (SR 520), Merritt Island. The August meeting will be on the 10th. You are invited to join us for lunch at 11:30 and an interesting speaker at 12:15.

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

Satellite Repair Drone Launched to GEO

A Falcon 9 rocket launched from Florida's Cape Canaveral Space Force Station on Tuesday with a satellite repair drone. SpaceX called the launch MRV-MEV, because it sent up a Mission Robotic Vehicle (MRV) and three Mission Extension Pods (MEPs). These spacecraft will be operated by SpaceLogistics, a subsidiary of Northrop Grumman.

MRV-MEV is headed to geostationary orbit (GEO), 22,236 miles (35,786 kilometers) above Earth. At this altitude, orbital speed matches the velocity of our planet's rotation, allowing spacecraft to "hover" over the same patch of ground continuously. The new mission will work to extend the lives of weather and communications satellites.

The MRV is equipped with two 10-foot-long robotic arms that will be used to attach the MEPs to three separate satellites in GEO.

"Once installed, the MEP uses electric propulsion to provide orbit control and momentum unloading for a client satellite," Northrop Grumman wrote in an MEP fact sheet. "The MEP is controlled by the customer via a self-contained C- or Ku-band telemetry and command system, and is capable of providing up to eight years of life extension for a typical 2,000 kg satellite in GEO." According to Tech Times, The Australian satellite operator Optus booked one of the MEPs, and Intelsat hired out the other two.

When it's rendezvous time, the robotic-armed spacecraft will grab an MEP and ferry it over to its client satellite, Tech Times reported. The MRV will then remain in GEO after it has installed the third MEP, waiting for other such "satellite jetpacks" to reach orbit.

In addition to installing MEPs, the MRV "can relocate, inspect, repair and upgrade spacecraft while in orbit," According to Northrop Grumman's website. "MRV includes a Northrop Grumman-developed Passive Refueling Module (PRM), the first refueling interface standard approved by the U.S. Space Force, which enables MRV to be refueled in orbit," it adds. "... the mission delivers an unprecedented capability and new class of system that can continuously evolve to support novel or increasingly advanced missions for our nation, making assets in space more resilient."

All went according to plan during the launch: The Falcon 9's upper stage deployed the MRV 35.5 minutes after liftoff and the three MEPs at 10-minute intervals after that, according to SpaceX.

Tiny pieces of space junk only 2 inches in size are cluttering a valuable orbital region where some of the costliest satellites reside, a new study has found.

Researchers from the University of Warwick in the U.K. found that the geostationary orbit — a region of space at the altitude of 22,000 miles — is full of dangerous, previously unseen bits of space junk that could destroy satellites.

SpaceX's Starlink satellites made over 355,000 collision avoidance maneuvers throughout the past year, with each satellite now dodging debris and other spacecraft on an almost weekly basis. The numbers are based on disclosures made by SpaceX in its latest semiannual report to the Federal Communications Commission (FCC). That's more than three times as many as the constellation performed in 2024.

Experts fear the situation might soon get out of hand. "I think we're heading towards a situation where there will be a collision involving an operational satellite in the constellation," said Hugh Lewis, a space sustainability expert and professor of astronautics at the University of Birmingham in the U.K. "And it will not be for the lack of trying to avoid those things. It will be in spite of all those maneuvers."

Repair drones should reduce the need to destroy satellites and there are "space freighters" in design and testing stages to start removing the hazardous junk.

Space Coast Flute Orchestra Presents Free Solo & Ensemble Concert

The Space Coast Flute Orchestra (SCFO) invites the community to enjoy an afternoon of beautiful music during its Solo & Ensemble Concert on Sunday, July 26, at 3:00 p.m. at Suntree United Methodist Church, located at 7400 N. Wickham Road, Melbourne.

This free, family-friendly concert will showcase the talent and artistry of Space Coast Flute Orchestra members through a variety of solo and small ensemble performances. Audiences can expect an engaging program featuring diverse musical styles, highlighting the versatility and expressive range of the flute.

The concert is open to music lovers of all ages and no tickets are required. While admission is free, donations are welcomed to help support the Space Coast Flute Orchestra's mission of bringing exceptional flute music and educational opportunities to the Space Coast community.

Whether you are a longtime supporter of the arts or simply looking for an enjoyable Sunday afternoon event, the Solo & Ensemble Concert promises an inspiring musical experience.

For more information, visit www.scfo.org.

Create A Moon Garden With Flowers That Bloom at Night

All plants require light to grow, but some have evolved to appeal to nighttime pollinators like moths, beetles, and bats, meaning their flowers open in the evening — and smell incredible. Night-blooming flowers tend to have strong, sweet fragrances that carry a long distance.

Everything feels a little enchanted under the moonlight, and planting your own moon garden full of night-blooming flowers is a wonderful way to conjure up even more of that magic.

You'll notice that many night-blooming flowers are white or pale. That's because moonlight is far less bright than sunlight, so plants must reflect as much of it as possible to be seen by nighttime critters. While the limited color palette might put some gardeners off, the magical effect of pale flowers gleaming under a full moon is very good compensation. A moon garden is extremely romantic. It also makes sense for folks who work during the day to have something actively blooming when they return in the evening."

Before you plan or plant, night-blooming flowers are found in a wide range of climates, so be sure to verify whether a specific species will grow here. Also check whether your space actually receives direct moonlight before you start planting. And remember that these flowers will attract the nighttime pollinators, so be prepared to see a bat or two, but they will be eating mosquitos, too. Win win.

Always check whether plants are poisonous to pets and children before adding them to your garden.

An obvious option for your moon garden is the moonflower, also called night-blooming morning glory. They are very hardy, fragrant and large, and take little effort once they are established. The trumpet-shaped white flowers bloom in the evening from summer to fall. Moonflower requires at least six hours of full sun during the day, so be sure to plant it in a spot that gets a lot of light.

Night-scented stock is an excellent choice for beginner gardeners, as it offers "quick results without breaking the bank." The flowers that aren't necessarily white. They range from shades of pink to lilac and magenta. Night-scented stock reaches its peak fragrance at twilight, a heady aroma with notes of vanilla, rose and spice.



Night-Blooming Jasmine is a fast-growing tropical shrub, good for Florida weather. It isn't true jasmine. It's actually in the nightshade family, but its greenish-white flowers resemble those of its namesake. The blooms exude a strong scent after sunset that can be "almost overwhelming" if the plant is grown indoors, per the Missouri Botanical Garden.



Angel's Trumpet is beautiful its huge hanging flowers, so long as you can protect it from freezing in winter. There are several species of this plant. Some can grow over 15 feet tall in the right climate. Native to Brazil, it releases an intoxicating scent after sundown, and different varieties bloom in different colors.



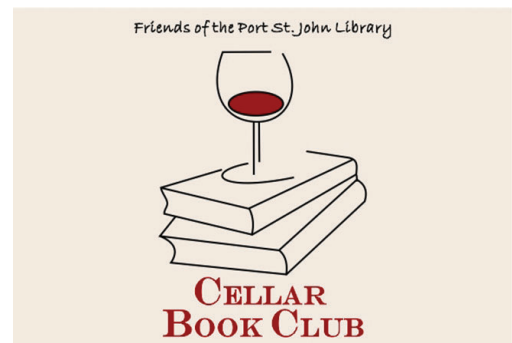
Orchid Cactus, nicknamed "the Queen of the Night," is a spineless orchid cactus that thrives in tropical environments. It does best in bright, indirect sun, and its white flowers bloom in the evening, typically from late spring to early summer, releasing a strong fragrance. In ideal conditions, it can grow around 10 feet tall and 3 feet wide.



Night-Scented Phlox, also called "midnight candy," has red buds that bloom in shades of white, purple and maroon, producing a sweet, vanilla-like fragrance.



Create a cozy outdoor reading nook with a comfortable chair and a book light for peaceful evenings enjoying your fragrant moon garden.



Come join us at PSJ Cellar Restaurant, 3870 Curtis Blvd., PSJ on the last Monday of the month at 7:00 p.m. On July 27th, we will be discussing Everything I Never Told You by Celeste Ng.

All interested readers are welcome! For the current book selection, visit the reference desk at the PSJ Library.



Port St. John Library Events

Bring the family and friends to the Port St. John Library at 6500 Carole Ave.

Teen D & D: July 25, 3:00–4:45 p.m. A staff-led, beginner-friendly tabletop role-playing adventure where players create characters, roll dice and collaboratively tell a fantasy story. This event is for ages 13-17. Adult supervision required.

Game Day: Sundays, 1:00–4:00 p.m. Board, tabletop and card games in the main library area. All ages welcome. Adult supervision required at all times.

Kids' D & D: Sundays, 3:00 & 3:30 p.m. A staff-led, tabletop role-playing adventure where players create characters, roll dice and collaboratively tell a fantasy story for children ages 8–13. Space is limited; kids will be split into parties of five for 30-minute sessions. Adult supervision required at all times.

Brick Builders: Tuesdays, 4:00–5:00 p.m. A free building session play event for ages 6–12, featuring building bricks and blocks. Adult supervision required.

Read Your Way to K:

Little Laptime: Tuesdays, 9:30–10:00 a.m. Short stories and nursery rhymes for babies ages 1 and under. Adult supervision required.

Little Movers & Groovers: Thursdays and Fridays, 9:30–10:00 a.m. A fun movement program for toddlers five and under. Adult supervision required.

Toddler Story Time: Thursdays & Fridays, 10:30–11:00 a.m. For children ages 3–5. Adult supervision required.

Playdate: Thursdays & Fridays, 11:00 a.m.–12:00 p.m. For babies and toddlers five and under. Adult supervision required.

Summer Feed and Read: Fridays, 3:00–5:00 p.m. Stop by the library to pick up a free, nutritious meal pack and a book! These resources are available to local youth every Friday at the Youth Services Desk.

Yarn Group: Fridays, 1 p.m. Yarn Group of PSJ Library is a group of adults who enjoy knitting and crocheting. They are happy to help you learn. All levels and ages are welcome. Many projects are donated at the Friday meetings.

Family Movie Mondays: Enjoy FREE popcorn and a movie sponsored by Friends of the Port St. John Library every Monday from 4:00 to 6:00 p.m. This event features G or PG-rated movies:

- 7/27 Harry Potter and the Sorcerer's Stone (2001)

Adult supervision is required. Adults are also

welcome to stay and enjoy some popcorn and a fun, family oriented movie. Wear something comfortable!

Super Tuesday Virtual Job Fair

Join our Super Tuesday Virtual Job Fair on Tuesday, July 28 from 11 a.m. – 1 p.m. and meet qualified job seekers from across Brevard, Flagler and Volusia counties.

- Save time with a virtual hiring event
- No travel or booth setup required
- Our team will help you every step of the way

Employer booths are FREE! Reserve your spot today by contacting kweatherby@careersourcebfv.com or call 321-394-0590.

Parrish Healthcare Open Interviews

Parrish Healthcare hosts open interviews every Tuesday, 9:00 a.m. to 12 p.m. at Parrish Medical Center, 951 N. Washington Ave., Titusville.

- **Registered Nurses (RN)**
 - Emergency Department, Med/Surg
 - Charge Nurses
 - Cardiac-Pulmonary Rehabilitation
 - Cardiovascular Invasive Specialist
 - Rapid Response
 - Discharge
 - Labor & Delivery
- **Technologists**
 - CT/MRI
 - Radiology
- **Surgical Scrub Techs**
- **Nursing Assistants**
- **Medical Assistants**
- **Cardiovascular Invasive Specialist (CVIS)**
- **Paramedics**
- **Pharmacists**
- **EMTs**
- **DI Cardio PACS Specialist**
- **Surgical First Assistant**
- **Sterile Processing & Transport Technician**

For additional information regarding open positions within Parrish Healthcare, please visit parrishhealthcare.com/careers.

**Be A Part of Something Special.
Be a Parrish Care Partner!**

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