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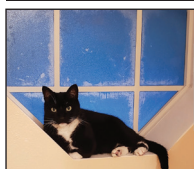
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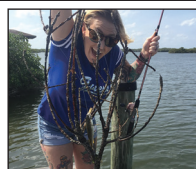


PET OF THE WEEK
Snooper is a 13-year-old tuxedo breed who loves to investigate new things coming into the house

PET OF THE WEEK

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OOPS! WHAT A CATCH
Lisa Kay thought she caught something big... but it wasn't what she hoped for!



CATCH OF THE WEEK

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ALOHA
Indian Harbour Beach neighbors took a trip to Hawaii. Check out their trip on our website

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The value of physical fitness



HELPING SENIORS OF BREVARD
JOE STECKLER

Over the years I have written many articles about the importance of physical fitness as we age. I believe that the person best informed about your fitness status is you.

The medical profession is able to help you make decisions, but when your body is telling you corrective action is needed, you should listen. This sounds simple, but as our medical system has changed, many problems are now being addressed by pain management professionals.

Pain management is good for some people, but what happens when you neglect the underlying problem causing the pain? Associated with

See STECKLER, page 3

NEXT LAUNCH

May 27, 4:33 p.m. EDT: A SpaceX Falcon 9 rocket will launch a Crew Dragon spacecraft on its first test flight with astronauts to the ISS.

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Two is better than one



Alex Schierholtz/Staff photographer

Graduate Kimberly Maas, of Melbourne, takes a picture with her two degrees on May 14, at Eastern Florida State College in Melbourne.

Nonprofit trains Special Olympic athletes at home

By Brittany Mulligan
bmulligan@hometownnewsmediagroup.com

BREVARD COUNTY — With Special Olympics Florida canceling its 2020 State Summer Games, athletes are finding new ways to stay healthy as gyms remain closed.

Coaches Joe Luther and Chris Hollyfield work to empower athletes with mental and physical health disabilities through their nonprofit Just Right Living.

Together, Coach Joe and Coach Chris are building up the Palm Bay Powerlifters team with confidence, trust and lasting friendships so that these athletes can go into the community proud of who they are.

Currently, Coach Joe is working exclusively with two athletes whose goals are to be ready for the 2022 Special Olympics USA Games that is coming to Orlando.

The Special Olympics offers year-round training and competitions to athletes worldwide, and is the world's largest sports organization for children and adults with intel-

lectual disabilities and physical disabilities.

By visiting these athletes' homes, Coach Joe can provide personalized training and support that can otherwise be more challenging to accomplish by video.

"I was worried Coach Joe will leave... I didn't want Anytime Fitness to close," said Timothy Duquette, a Special Olympics athlete working with Just Right Living. "I love when Coach Joe works with me."

"I started taking Timothy to the Vitamin Shoppe since things opened up," Coach Joe added. "That's one of the things I've been trying to incorporate in practices, is introducing them to try new foods, because I want to create besides just training the education around how to be healthy."

Mr. Duquette participated in the 2019 Special Olympics Fall Classic, bringing home a gold medal in powerlifting and beating his personal record at 127.5 pounds. He was also recognized as the Inspirational Athlete of the Year.

See ATHLETE, page 3

Brevard Zoo re-opens with restrictions

By Brittany Mulligan
bmulligan@hometownnewsmediagroup.com

BREVARD COUNTY — After closing its doors to the public for nearly two months, the Brevard Zoo is ready to accept visitors starting this weekend, as long as they follow certain guidelines.

Guests planning on visiting must reserve their tickets online and choose a time slot for when they want to attend, as to limit the number of entrants per hour.

All guests seven years of age and older must have a mask or face covering to enter the zoo, and zoo staff will check cars in upon arrival to ensure guests have their mask and timed ticket.

Early arrivals will be asked to wait in their cars.

Although certain areas and experiences will remain temporary closed, zoo guests can visit some of their favorite animals, who are equally excited to see people again, according to Keith Winsten, executive director of Brevard Zoo.

"I think there are some introvert animals that have probably enjoyed the break, but there's some extrovert animals that every time I bring a group of people by, they're so excited," Mr. Winsten said.

Additional safety measures have been put in place for the protection of the zoo's animals, such as a barrier in front of specific exhibits to keep visitors from getting too close.

After a tiger in the Bronx Zoo was diagnosed with the COVID-19 earlier in the year, the Brevard Zoo has been cautious with its staff and animals to prevent the spread of Coronavirus.

"There were three or five cats at the Bronx that all had the symptoms, a dry cough was the really noticeable one, so they appear to be similar to human symptoms," Mr. Winsten said. "All of their cats have recovered, as far as we know. We

See ZOO, page 4

Athlete

From page 1

Josh White is another athlete who has just begun his workout routine with Coach Joe at home. His Palm Bay Powerlifters team has nicknamed Josh “The Hulk” because “the Hulk comes out of him” when they lift weights, according to Coach Joe.

“I want to be like John Cena,” Josh said. “It feels good when I lift weights. I want to bench-press 150 pounds.”

Both Josh and Timothy miss the everyday interactions with their fellow athletes, where they attend team outings, fundraisers and practice.

One of the ways athletes can improve their health and fitness is by following the Special Olympics Fit 5 plan, which

encourages athletes to exercise five days a week, eat five fruits and vegetables per day and drink five water bottles per day.

“We’d like to bring awareness to Just Right Living to use that to bring coaches and trainers out to these guys all throughout the county so we can get as many training and active as possible at home,” Coach Joe said. “We’re all stronger together.”

Coach Chris added, “We like to do character building and give them confidence so that they can be comfortable in their own skin. I want them to walk six-foot tall with no hesitation, and say ‘This is who I am.’”

For more information about Just Right Living and the Palm Bay Powerlifters, visit <https://justrightlivingbrevard.com>.



CREATING AN EMPOWERING & SUPPORTIVE ENVIRONMENT

Photo courtesy of Joe Luther

Just Right Living is a nonprofit that provides training and nutritional education to athletes.

Steckler

From page 1

whatever is causing the pain is your own fitness level. Throw age into the mix and you now have a situation that needs resolution.

We each have bodies that react differently to a given situation. Let’s say we have sore knees. First we should consider our personal state of physical fitness – how strong are we? We also should consider our weight – are extra pounds affecting the pain? As we grow older, each of these “considerations” has

an effect on the health care decisions we make. Few people like surgical corrective action, but there truly is a time we should explore that option.

Regardless of the action we take, muscle strength is going to be a major player in our decision making. Leg strength is important if we are talking about lower body problems, and arm strength becomes a factor if we need crutches, walkers, or other devices to facilitate movement. Just getting up and down from a chair or turning over in bed requires strength.

Therefore, it behooves us to develop a proactive plan to be physically prepared for whatever happens as we age. If we

want to be physically fit, it does take work and dedication, but it is well worth the time spent. If we want to to lessen stress on our knees and other lower body parts, then we must take true action to control our weight.

Why is this a concern? For many years I dodged the bullet on knee surgery. I managed to work through pain and other knee problems while maintaining a decent state of physical fitness. I tried pain management, and it was not successful. Now I have pain, am advanced in years, and have other physical considerations that must be addressed. I may not be a candidate for surgery and will then have to live with

what my body has become.

The bottom line is that weight control and strength development have tremendous value. While it is never too late to control your weight or improve your physical fitness, it is better to start early in life so you can age more gracefully and safely. Personal strength is also important in fighting other serious illnesses, so commit to physical fitness as early in life as possible.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.



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