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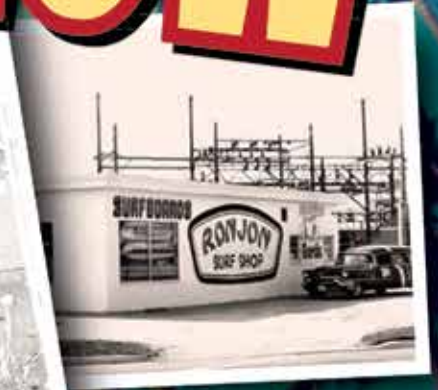
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Musicians want to play - even for a remote audience via Facebook if there’s no other choice. Todd Charron organized a little online contest, and now the winners are gracing our June cover.

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FIRST SMOOTH JAZZ CONCERT

Roland Guilarte of Brevard Music Group, longtime promoter at the (still closed) King Center, has put together another show for the “Emerging Artists Series” held Saturday, June 13th, at the Space Coast Convention Center in Co-coa. Only 50 tickets are for sale.

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NEW ELEGANCE AT COCONUTS

Featuring an enlarged dining room with a cool, almost frosty feel to it, Coconuts improved its dining atmosphere from “tiki-style” to “cool elegant” - an interesting design and probably quite appreciated during Florida’s summer heat.

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NEPTUNE’S ECHO

The Melbourne Beach trio released the song “Seeing Eye” May 1st in the middle of the pandemic. The video itself is a welcome relief; showing Florida in all of its natural beauty.

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JESSE MCMINN

Photography has taken a prominent role in McMinn’s life: “I kept taking pictures with the phone. Then I got a real camera finally and eventually through some stroke of luck, I ended up with a job doing videography and video editing.”

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PUBLISHER
EDITOR-IN-CHIEF
GRAPHIC ART/ SALES
Heike Clarke

STAFF WRITERS
Matthew Bretz
Rob Pedrick
Steve Keller

PHOTOGRAPHY
Chuck Van Riper
Amy Kellum
COVER PHOTO
Chuck Van Riper

COLUMNISTS
Chuck Van Riper
Luis A. Delgado
Richard Henry
Bill Stanley

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ADVERTISEMENT/ SALES
Phone: (321) 956-9207
info@brevardlive.com

COMMENTS & LETTERS
Brevard Live Magazine
P.O. Box 1452,
Melbourne, FL 32902

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GONE FISHING

The past two-and-a-half months have been a nightmare for many local business owners, especially if they are in the business for entertainment and leisure times. 46 states shut down all non-essential businesses and issued a "Stay At Home" order for all non-essential workers. The hospitality and tourist industry took a hard beating. One business, however, left its owners smiling and happy. "I have owned my fishing and boat rental shop for 4 years now," says Anthony Marks of Rigg's Outpost. "I have never had such a lucrative spring before. Business is booming, and the weekends are crazy." Indeed, during the Shut-Down, Anthony rented out every one of his paddle boards, pedal boats, kayaks and pontoon boats. boating and fishing fell under the allowed recreation and exercise, and everybody knows what any respectable Brevardian does when business is getting slow... They look the door and go fishing!

continued next page



GONE FISHING! continued

Anthony loves his business. “I do everything I’ve ever enjoyed doing from way back when I grew up in Miami,” he tells *Brevard Live*. Anthony is a Florida native. He moved to Melbourne a few years ago with his family and opened a tackle & bait shop right by the harbor in downtown Melbourne on Melbourne Avenue. Across the street is a spacious dock with picnic tables where all the rentals are kept. Since its opening Rigg’s Outpost has been known for good customer service. The staff always takes time to explain. “They even took time to show me and my son how to cast a net in the parking lot! THAT is service!” says one of the reviewers.

When the announcement of the “Stay At Home” order shut down bars, night clubs, and dining rooms, there wasn’t much of anything to do for leisure. Brevard got lucky, our beaches never closed for walks. Just the public parking beachside was prohibited. Rigg’s Outpost had it all: easy access to the Indian River, a big deck, lots of parking, the boats, fishing rods, hooks, sun glasses, sun screen, coolers, food, snack and cold beverages. You can rent paddle boards, kayaks, beach cruiser (\$30 for 2 hours, \$40 for 4 hrs, \$80 all day). Those prices are reasonable.

Store access was limited, so Rigg’s Outpost moved a few bait tanks around to use a big window that opened to the front porch where they served customers. “We ended up becoming a convenient store as well,” says Anthony. Suppliers contacted the shop and soon “we were selling meat, cheese, eggs, face masks, and yes,” he laughs, “toilet paper.” Once people found out we were busy all day. Rigg’s Outpost is open Sunday thru Thursday 5:30 am to 9 pm, Saturday & Sunday 5:30 am to 10 pm. www.RiggsOutpost.com

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ISOLATION STATION WINNERS

By Steve Keller

When life gives you lemons...if we have learned anything in these last few months is that we have had enough lemonade for many, many lifetimes. Out of hardship comes ingenuity. A perfect example of such local genius is musician Todd Charron. A fixture in both the Brevard original and cover music scenes, he seamlessly combined the two with the creation of his online Isolation Station Studio. Based on Facebook, at last count the membership was reaching 5 thousand strong.

The origins of the page, as noted in last month's issue of *Brevard Live*, was to offer an outlet for local musicians to come and perform. Charron and his staff of volunteers painstakingly put together a stage in his practice space. Only a few artists would be able to perform before the statewide quarantine would go into effect. From there the wheels started turning about holding some sort of competition.

Charron was quick to decide that that it would be a friendly competition, and a celebration of all the talent on the Space Coast. Entries were solicited of both cover and original song selections alike. All in all 32 entries were announced with some very recognizable names and those not known at all. One pleasant surprise were the many participants, such as Galaxy drummer James Breumer, who left the safety of their main instruments to be front and center singing.

Another welcome detail to the contest was the participation of local businesses (including Brevard Live Magazine) that are big supporters of the music scene. In these hard economic times, the businesses needed

not buy into the contest but rather be acknowledged for their patronage. In addition to Brevard Live, Squid Lips, Lou's Blues, Grills, The Zone Productions, Open Mike's, RezPro and Tracey's Lounge named teams. For those a broadcast random "drafts" took place on Facebook announcing 4 musicians per team. All that left was for the first of 4 nights of pre-taped performances to take place.

NIGHT 1

Even with the random drawings, the contest kicked off on Friday night with a bang. Jay DiBella was up first with a passionate version of his original song 'Gone'. It also set the aesthetic for the whole contest. Performances were pre-recorded by the musicians at various locations. This gave more depth to the overall show. Other highlights of night 1 were newcomer Nicole Roberts as well as more familiar names like Pete Spoth, Jeff Bynum and Evan Bernard. Band members from Rysk and Drifting Roots also gave strong performances. Charron served as host live from the Isolation Station Studio. He is very comfortable in front of the camera. His knowledge of the contestants and venues made the viewers feel at home (which most of us were). Voting began online immediately after the show, lasting until the next afternoon. When the dust settled Ana Aguiar and Gary Kirby of Switch, doing a powerful rendition of a Fleetwood Mac song and representing Team Squid Lips, walked away with an early lead.

NIGHT 2

By all accounts, show 1 of the contest was a success. The question then became; how would night 2 go? Gone was the allure of a Friday night, with show 2 happening the following Monday. The answer was that the audience and vote casters exceeding opening

night numbers. In total 601 votes, besting the first night's 568. Night 2 saw more of an electric mix of local talent; Ginger Lee and Skye Pony and Willow proved they belong in the field of 32. Members of Love Valley, Monday's Mona Lisa and The Last Call Band all had strong performances. Scene vets Joe Calautti and Clint Engel were particularly on point. The voters had their say, awarding Amy Reid of Cherry Down and Team The Zone Productions the big winner of the night.

NIGHT 3 (PART 1)

The momentum was now in full force. Two strong nights of performances and a friendly contest of which team would win. Wednesday's heavily anticipated show at 8pm would kick things up a notch. Unfortunately the IT gods had other plans as technical problems piled up. A post promising a 9pm start never materialized. Finally at 9:51pm, a visibly upset Charron appeared on the page (broadcasting from his phone) announcing that show 3 would be postponed until Thursday.

NIGHT 3 (PART 2)

Good things come to those who wait and everyone watching show 3 was highly entertained. As viewer Donna Marie Chickillo commented "It's tough. Especially when I know so many. I can't pick a person, venue or team. It has to be the song." Night 3 had many highlights; band members from St John's Wood, The Last Chance Band and Scott Baker Band rocked out along with singers Thomas Mitchell and Marc Dobson. Original songwriters Joshua Keels and the husband wife duo known as Awerds rocked their own compositions. When the dust cleared the winner of Night 3 belonged to Jake Salter and Ryan Crabbs of Tru Phonic and Team Grills.



After weeks of Isolation our beach seemed to be the right spot for a photo of the Isolation Station Winners. Guitarist Joe Calautti could not make it. What could be better than taking a photo for Brevard Live on a Sunday morning? - Boating, of course!
Photos by Chuck Van Riper

NIGHT 4

Friday night's final show in the contest, aside from brief technical glitches, is what defines our music scene. Viewer comments were plenty; offering compliments and even a knock knock joke. Performances ranged from singers Derek Suomi, Frank Rios and James Breumer from Galaxy to scene legend Chuck Van Riper. The Mango Men, Audrey Meyer and Andrew Walker, Joe and Jessica Barrera, and Melanie Vaughn and Steve Hodak all had impressive outings as well. "I'm kinda sad it's all over for now," mused Charron after the broadcast was over, adding "I feel every show was really great and all the artists had such great contributions."

The moment arrived mid Saturday afternoon when the winning team of the contest would be revealed. It also happened to be Charron's birthday. There was certain irony to the fact that same day a man loved by many in his community and celebrating his birth would also celebrate the accomplishment of the contest. It would have been just as easy to ignore the needs of both musicians and fans alike to reconnect. Through the efforts of all involved, the winners of Team Grills, Matthew & Chris McDonald of Drifting Roots, Joe Calautti, Jake Salter and Ryan Crabbs of Tru Phonic and Audrey Meyer and Andrew Walker will go down in the record books. The real winners are all of us that not only were entertained but kept hope alive in Brevard.



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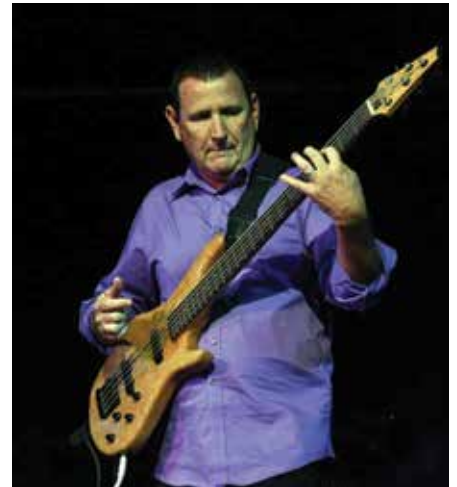
After two months of “No Live Performance” we are starved for real entertainment. While it was nice to stay in touch with our local music scene via Facebook and live streamings, it just ain’t the same as a live concert. A few local restaurants already offer single performers in phase one of the re-opening. The larger stages are still closed for big shows. Who would be the first to bring an audience together? The answer is in: Roland Guilarte of Brevard Music Group, longtime promoter at the (still closed) King Center, has put together another “Emerging Artists Series” held Saturday, June 13th, at the Space Coast Convention Center in Cocoa. Only 50 tickets are for sale to comply with the State’s re-opening guidelines. You can choose between a dinner and a show, a show only, and an overnight hotel package with Sunday breakfast included.

Roland states: “In an effort to restart Smooth Jazz events safely in Brevard during these trying times, Regalitos Foundation and BMG are excited to offer the second of BMG’s Emerging Artists Series events featuring Florida’s favorites, **Ron Reinhardt, Dave Reinhardt, Tim George**, featuring **Kyle Schroeder** on sax. This special event includes the convenient packaging options of concert tickets, a buffet dinner, and hotel accommodations at the spacious Space Coast Convention Center, adjacent to the Holiday Inn Express. This exciting and affordable “Intimate Smooth Jazz Getaway Experience” offers 50 Smooth Jazz fans a safe, fun evening of Smooth Jazz while supporting our love for the music as well as helping us help those

less fortunate in our community.” The event is put on by Brevard Music Group’s non-profit Regalitos Foundation that has helped local musicians during the past 8 weeks. Now you can be part of this effort by donating to Regalitos Foundation. All donations will go directly towards supporting this and future events.

The cost of presenting this event is approximately \$2000 more than the income the 50 tickets generate. Event costs include convention center rental and set-up, artist fees and accommodations, staging, lighting, sound, and labor. If ticket sales plus donations create excess income after all the bills are paid, that income will be divided equally between Regalitos Foundation and all four performers on stage. Regalitos Foundation will use its funds to present the next Emerging Artist Series and to help the less fortunate in our community.

The Space Coast Convention Center’s 7200 square feet of ballroom area allows plenty of space for social distancing while also taking incredibly careful precautions to ease any concerns about Covid-19 transmission. All tables will only seat two guests. Each table will be six feet apart or farther. There will be also an open area towards the back of the room for guests who would like additional social distancing. The convention center will provide hand sanitizing stations at the main entrance, and each table will also include sanitizing wipes or sanitizing pumps. Event staff will continually disinfect door handles and other frequently touched areas. Tickets, dinners and rooms packages will only be available by calling Roland at 321-783-9004. This event is not sold online. For more information and prices go to www.BrevardMusicGroup.com



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The Column

By **Chuck Van Riper**

We Need Real Cheerios

Well, it's been a hell of a year so far, hasn't it? A great plague surrounds the earth, the world economy in tatters, killer bees flying around, the beginning of hurricane season, no more support for Windows 7, Sharknado, "The Big Bang Theory" ended, no toilet paper, no baseball, Cheerios now come in chocolate flavor, all harbingers of impending doom, some might say it's apocalyptic. But, hey, we've been through this before. Who can forget the last apocalypse when the Mayan calendar ended in 2012. Yea, that one was really bad. Nothing happened. Same with the Y2K panic in the year 2000. Nada, zilch, nothing. Not even a stopped watch! Back in 1993, Harold Camping predicted the end of the world to be happening on September 6th, 1994. Well that didn't happen so he changed it to September 29th, citing a mathematical error. That didn't work out either, so once again changed it to October 2nd. Again, we were still here. His last prediction was for March 31, 1995. I think by that time he had as much credence as a P.T. Barnum speech.

Throughout recorded history people have claimed to know when the end times would arrive. Every religion has their version, although many are very similar. For example, Zoroastrianism is one of the oldest religions in the world dating back 4000 years. The tenets of their beliefs are thought to have had an influence of the shaping of the Abrahamic religions (Christianity, Judaism, and Islam). Zoroastrianism is based on the concept of a single god, heaven, hell, and redemption. A famous follower of this religion was Freddie Mercury, lead singer of Queen. Anyway, they too, believed in final battle between good and evil in the end times, very similar to the Book of Revelations. They, too, did not mention Windows 7.

I guess the earliest actual prediction that I can find is from 66AD when the Jewish Essenes were uprising against the Romans. The Essenes saw this as the end time. In 375AD, French Bishop Martin of Tours swore that the end would come in the year 400. Some thought 500AD would be the year based on the dimensions of Noah's Ark. Sextus Julius Africanus was one of these people. He later changed his prediction to the year 800, probably because he wouldn't be around to hear his ridicule. Many Christians believed 992-995 would be doomsday because Good

Friday coincided with the Feast of the Annunciation. Of course, similar to the year 2000, many thought the year 1000 was the end. Positing inaccurate math, this was later changed to 1033. So there's the first thousand years of apocalypse-mania.

Of course, who can forget the Black Plague of 1346-1351. Way worse than Covid 19 and almost everybody swore that that was it, the end was nigh. They too, I would reckon, had to cancel their sporting events. According to artists renderings of the time period, however, they did have the whole wearing of masks and sheltering in place thing together. Maybe we did learn something from history.

So the rest of the second millennia goes on with many more predictions of the apocalypse. In 1504, Botticelli (yes the artist) preached that the Millennia (1000 years of peace) had started three and a half years after the year 1500. Johann Stoffer saw the planetary alignment of Pisces as the precursor to the same. Martin Luther exclaimed that the end would begin in the year 1600. Christopher Columbus is said to have prophesied the year 1656 as the end of times.

Many thought World War I was a precursor to the end, as it was with World War II. The beginning of a new century, 1600, 1700, 1800, was looked at ominously. Strange astronomical events were seen as foreshadowing mayhem. For me, it's if the Dodgers ever win the World Series again! It makes as much sense as many of the other predictions out there.

And so it goes, on and on, for thousands of years. People see what they want to see. Man-made signs of a foreseeable future have existed since the beginning of written history. Yet, here we are, in a seemingly hopeless situation hanging on by a thread of faith. But I think we can and will get through this if we as a people can come together and start caring for each other again. It's unfortunate that it takes a crises like this to make people see that (except for you toilet paper hoarders. You still suck). We have a right to disagree with each other. That doesn't mean we have to hate each other, it means we have something to talk about. I'd bet there's more we agree on than don't. So when this chapter is over, I look forward to a time when we can all get together and eat REAL Cheerios (when they were healthy for you) and watch some old re-runs of the Big Bang Theory.

Appropriately, my friend Jeanne sent me this:

"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that's you. – L.R. Knost



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Love in the Time of Corona

By Matthew Bretz

The other day someone asked me if I was ready to start dating yet. It's been over a year they said, what are you waiting for? I hadn't really thought about it much, but it started me thinking, not so much about myself but about what everyone else - anyone else - is doing about dating while we are all on lockdown. Is anyone dating at all? Maybe instead of a big baby boom, as predicted, the temporary stagnation of the social scene will even it all out in the end. Still, people are people and they get lonely and crave interaction. But, it's not like you can go out and meet anyone right now, and even if you could it's impossible to tell what anyone even looks like while we are all masked up. So, what is everyone doing? I asked around a little.

For starters, all the dating apps are in full swing - even more so than usual. According to the news, a couple of them have even gone down a few times due to hot and heavy traffic (see what I did there?). So, if your dating world mostly consisted of reading dishonest bios and ogling fake pictures on your phone, then not much has changed for you. The rest of us, however, are beginning to feel pretty socially distant.

One interesting new trend I recently discovered is virtual speed dating. It's pretty much exactly what you'd think it was. You sign up and sit in front of your webcam making conversation with other talking heads for short periods of time. If you like someone and they like you back, you get their contact information and the rest is up to you. Just like speed dating in the real world... unless this IS the new real world.

Another thing I've learned about is in-person distance dating. That's a name I obviously just made up but it has to be called something. To explain the way it works I'll give you a quick example that was relayed to me by one of the participants. The person in the story met a girl online through virtual speed dating (just like from above) and they both wanted to meet and hang out, but they were both committed to being safe and following protocol. So, what they did was meet at a park and take a walk about ten feet apart. He said it was a little awkward talking loudly

while they tried to get to know each other, but ultimately it worked and lead them to the next kind of date I'm going to tell you about... and this one is my favorite.

I call this one The Real Netflix and Chill. The original NAC doesn't actually mean what it says. It's more of a euphemism for activity that absolutely the opposite of "chilling." RNAC, however, that's a horse of a different color. What they did for this date took a little planning and fore thought, but was essentially genius in the end. They wanted to get dinner and watch a movie together, so that's what they did - miles apart. They both ordered Chinese delivery and when it came they connected on the phone and hit play on a the same Netflix movie at the same time. They actually did a 3, 2, 1 count-down for precision. Then they left their phones on speaker so they could comment to each other. So far these two haven't even touched hands, but they have been on several creative dates and seem to be doing well.

All over the world people are coming up with ways to connect while keeping at a distance. If nothing else, these strange times are bringing out both the innate need humans have to connect with one another as well as the creativity and resourcefulness we have to make it work and adapt. I love it, and I hope this spirit of kinship lingers long after the virus has drifted into history.

FM Odyssey Wins Top Radio Award

FM Odyssey Radio, the weekly music and interview show launched by Fred Migliore at Florida Tech's WFIT 89.5 FM nearly 30 years ago, has been recognized with one of radio's highest awards for its special program honoring the 50th anniversary of the Apollo 11 space mission.

The 2019 episode received a Best Music Special award at this year's New York Festivals Radio Awards in April. It and all awards entries are judged around the world by panels of industry peers. More than 15,000 total entries were received from over 40 countries.

The winning episode of FM Odyssey, titled "The 50th

Anniversary of Apollo 11," interspersed actual dialogue between Apollo astronauts and Mission Control from a cherished childhood record of Migliore's, Man's Incredible Voyage to the Moon, with songs written about the moon. The record was a gift from his mom to a 10-year-old Migliore.

FM Odyssey began, along with Migliore's radio career, in 1991. It was originally called "Another Unconventional Sunday Morning," when he started it that year at WFIT. The show earned national syndication in 1998 and was renamed FM Odyssey. It airs on more than 90 stations and has attracted some of the biggest names in music for interviews. The show airs Sunday mornings from 10am to 1pm on WFIT.

Entertainment Calendar

1 - MONDAY

LOU'S BLUES: 7pm Dirty Bingo
SANDBAR: 8pm Jam Night

2 - TUESDAY

JOHNATHAN'S PUB: 9pm Adam Abstract
LOU'S BLUES: 6:30pm Trivias
RUBIX CAFE: 7pm Karaoke w/ Rockstar Entertainment
SANDBAR: 9pm DJ Goldfinga

3 - WEDNESDAY

FRESH SCRATCH BISTRO: 6pm Char Good
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
SANDBAR: 8pm TBA

4 - THURSDAY

EARL'S: 8pm Joey Tenuto
FRESH SCRATCH BISTRO: 6pm Joel Thomas
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
JOHNATHAN'S PUB: 10pm Open Jam
LOU'S BLUES: 6pm Bike Night with DJ Doc Holiday; 8pm live band
SANDBAR: 3:30pm TBA; 8pm Karaoke

5 - FRIDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 6pm Matt Adkins
FRESH SCRATCH BISTRO: 6pm Sarah D
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 5-8pm Steve Kirsner & Friends
KEY WEST BAR: 9pm Heatstroke
LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 4pm TBA; 9pm TBA

6 - SATURDAY

RIVERFRONT GRILLE: 6pm John McDonald
FRESH SCRATCH BISTRO: 6pm Tom Parks
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm Ron Teixeira Trio with Connor Mahony
JOHNATHAN'S PUB: 9:30pm No Pressure Band
KEY WEST BAR: 9pm Dave

Thrift Band

LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 6pm TBA

7 - SUNDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 4pm Reggae Juice
FRESH SCRATCH BISTRO: 4pm Good Vibes Sunday
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm Ron Teixeira Trio with Connor Mahony
JOHNATHAN'S PUB: 10pm Aaron Rhoades
LOU'S BLUES: 2-5pm Solo Act
SANDBAR: 4pm TBA; 9pm DJ Cerino & Guest

8 - MONDAY

LOU'S BLUES: 7pm Dirty Bingo
RUSTY'S: 5pm Adam Van den Broek
SANDBAR: 8pm Jam Night

9 - TUESDAY

JOHNATHAN'S PUB: 10pm Anja and Gail
LOU'S BLUES: 6:30pm Trivia
RUBIX CAFE: 7pm Karaoke w/ Rockstar Entertainment
SANDBAR: 9pm DJ Goldfinga

10 - WEDNESDAY

FRESH SCRATCH BISTRO: 6pm Denise Turner
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
SANDBAR: 8pm TBA

11 - THURSDAY

FRESH SCRATCH BISTRO: 6pm Billy Chapman
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
JOHNATHAN'S PUB: 10pm Open Jam
SANDBAR: 3:30pm TBA; 8pm Karaoke

12 - FRIDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 6pm Matt Adkins
FRESH SCRATCH BISTRO: 6pm Irena Freckle
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 5-8pm

Steve Kirsner & Friends

KEY WEST BAR: 9pm Danny Morris Band
LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 4pm TBA; 9pm TBA

13 - SATURDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 6pm Rich Brown
FRESH SCRATCH BISTRO: 6pm Bill Hamilton
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 8pm TBA
JOHNATHAN'S PUB: 9:30pm Jeff Vitolo & The Quarter Mile Rebels
KEY WEST BAR: 9pm Jeff Bynum
LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 4pm TBA; 9pm TBA

14 - SUNDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 4pm Sam Sims
FRESH SCRATCH BISTRO: 4pm Good Vibes Sunday
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
JOHNATHAN'S PUB: 10pm Adam Abstract
LOU'S BLUES: 2-5pm Solo Act
SANDBAR: 4pm TBA; 9pm DJ Cerino & Guest

15 - MONDAY

LOU'S BLUES: 7pm Dirty Bingo
SANDBAR: 8pm Jam Night

16 - TUESDAY

JOHNATHAN'S PUB: 9pm Andrew Rickman
LOU'S BLUES: 6:30pm Trivia
RUBIX CAFE: 7pm Karaoke w/ Rockstar Entertainment
SANDBAR: 9pm DJ Goldfinga

17 - WEDNESDAY

FRESH SCRATCH BISTRO: 6pm Sarah D
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
SANDBAR: 8pm TBA

18 - THURSDAY

FRESH SCRATCH BISTRO:

6pm Jerry Z
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
JOHNATHAN'S PUB: 10pm Open Jam
LOU'S BLUES: 8:30pm TBA
SANDBAR: 3:30pm TBA; 8pm Karaoke

19 - FRIDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 6pm Matt Adkins
FRESH SCRATCH BISTRO: 6pm Irena Freckle
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 5-8pm Steve Kirsner & Friends
KEY WEST BAR: 9pm Russ Kellum Band
LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 4pm TBA; 9pm TBA

20 - SATURDAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 6pm Big Jim Adams
FRESH SCRATCH BISTRO: 6pm Mike Murphy
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 8pm TBA
JOHNATHAN'S PUB: 9:30pm SEED
KEY WEST BAR: 9pm Pinch
LOU'S BLUES: 6:30-9:30pm Solo Act
SANDBAR: 4pm TBA; 9pm TBA

21 - SUNDAY FATHER'S DAY

BONEFISH WILLY'S RIVERFRONT GRILLE: 4pm Rich Brown
FRESH SCRATCH BISTRO: 4pm Good Vibes Sunday
HEIDELBERG: 6-9pm Mark Hubrouk
HEIDI'S JAZZ CLUB: 7pm TBA
JOHNATHAN'S PUB: 10pm Billy Bones
LOU'S BLUES: 2-5pm Solo Act
SANDBAR: 4pm TBA; 9pm DJ Cerino & Guest

22 - MONDAY

LOU'S BLUES: 7pm Dirty Bingo
SANDBAR: 8pm Jam Night

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23 - TUESDAY

JONATHAN'S PUB: 9pm
Joshua Dean Wagner
LOU'S BLUES: 6:30pm
Trivia
RUBIX CAFE: 7pm Karaoke
w/ Rockstar Entertainment
SANDBAR: 9pm DJ
Goldfinga

24 - WEDNESDAY

FRESH SCRATCH BISTRO:
6pm Denise Turner
HEIDELBERG: 6-9pm Mark
Hubrouk
HEIDI'S JAZZ CLUB: 7pm
TBA
SANDBAR: 8pm TBA

25 - THURSDAY

FRESH SCRATCH BISTRO:
6pm Chuck Van Riper
HEIDELBERG: 6-9pm Mark
Hubrouk
HEIDI'S JAZZ CLUB: 7pm
TBA
JOHNATHAN'S PUB: 10pm
Open Jam
SANDBAR: 3:30pm Teddy
Time; 8pm Karaoke

26 - FRIDAY

**BONEFISH WILLY'S
RIVERFRONT GRILLE:**
6pm Matt Adkins
FRESH SCRATCH BISTRO:
6pm Irena Freckle
HEIDELBERG: 6-9pm Mark
Hubrouk
HEIDI'S JAZZ CLUB:
5-8pm Steve Kirsner & Friends
KEY WEST BAR: 9pm Matt
Sams
LOU'S BLUES: 6:30-9:30pm
Solo Act

27 - SATURDAY

**BONEFISH WILLY'S
RIVERFRONT GRILLE:**

6pm Rich Brown
FRESH SCRATCH BISTRO:
6pm Steve Hodak
HEIDELBERG: 6-9pm Mark
Hubrouk
HEIDI'S JAZZ CLUB: 8pm
TBA
JOHNATHAN'S PUB: 10pm
Vintage
KEY WEST BAR: 9pm
Mental Note
LOU'S BLUES: 6:30-9:30pm
Solo Act
SANDBAR: 6pm TBA; 9pm
TBA

28 - SUNDAY

**BONEFISH WILLY'S
RIVERFRONT GRILLE:**
4pm Reggae Juice
FRESH SCRATCH BISTRO:
4pm Good Vibes Sunday
HEIDELBERG: 6-9pm Mark
Hubrouk
HEIDI'S JAZZ CLUB: 7pm
TBA
JOHNATHAN'S PUB: 10pm
Corey Yentz
LOU'S BLUES: 2-5pm Solo
Act
SANDBAR: 4pm TBA; 9pm
DJ Cerino & Guest

29 - MONDAY

LOU'S BLUES: 7pm Dirty
Bingo
SANDBAR: 8pm Jam Night

30 - TUESDAY

JOHNATHAN'S PUB: 9pm
Shain Honkonen
LOU'S BLUES: 6:30pm
Trivia
RUBIX CAFE: 7pm Karaoke
w/ Rockstar Entertainment
SANDBAR: 9pm DJ
Goldfinga

Shortest Calendar Ever!

This is the shortest calendar in the history of Brevard Live Magazine. Clubs and restaurants are busy opening up after a 2-month-shutdown. Booking live entertainment has just started, and most venues were hesitant to commit to a lot of live music in advance. One weekend at a time was the common motto. Jonathan's Pub, Bonefish Willy's, Fresh Scratch Bistro and Key West Bar had their entire month of June booked, all the other venues are working on bringing the music back. The hospitality industry has been hit hard, please support your local venues. All listings are subject to change without notice.



Coconuts On The Beach Remodeled New Cool Elegance

Just when Coconuts on the Beach was planning the Grand Re-Opening of the enlarged, remodeled and renovated entertainment venue, the Governor announced the shut-down of all non-essential businesses. “We were not even open for a week when the announcement came,” says owner Christina Artz, and instead of celebrating a fun spring break with many tourists, the establishment shut down and used the past weeks for last minute touch ups and paint jobs. When Gov. DeSantis announced the phase one opening that allowed restaurants to serve at 25 percent capacity, Coconuts on the Beach was ready. Now featuring an enlarged dining room with a cool, almost frosty feel to it, Coconuts improved its dining atmosphere from “tiki-style” to “cool elegant” - an interesting design and probably quite appreciated during Florida’s summer heat. The room features more windows that allow lots of light. That the room looks bigger is not an optical illusion, it actually got enlarged by several feet, so there is plenty of room for social distancing.

The tiki bar in the back got a new paint job and has plenty of room for outside seating. The traditional restaurant and tiki bar feature a new menu and an extended wine and beer list. Kitchen manager Kyle Fulcher tells us that they kept all the favorites and added cheese board charcuterie, lobster tail, filet mignon, tomahawk steak, and some gluten-free options. “We also bring back some of the older cocktails with a twist.” Live music will resume daily once the operation is allowed at 100 percent. In the meanwhile check out the new menu and enjoy a staycation in Cocoa Beach. - It’s a spot in paradise.





By Steve Keller

LOCAL LOWDOWN

Hello ladies and gentlemen. I find myself in front of a keyboard once again. It's felt more like the Local Lockdown then the Lowdown the past few months but we are pushing through. As I'm writing this we are about a week into Phase I of reopening. How it will be during the time you are reading this is uncertain. Regardless, I hope that you are well and the days of getting back to normal are somehow upon us. One thing I can be sure of; we are survivors! With hours spent indoors I have been able to observe and interact (at least virtually) with a lot of local musicians both near and far. Hope is not dead and I am certain that we will come out of this learning a great deal about ourselves and each other!. All that and at least one rock opera of the whole fiasco...

Starting us off this month is a band who are no strangers to hardships and perseverance; **Honest Havoc**. Front man/founder **James Garris** fills us in on the whereabouts and wherewithal of this long running rock'n roll band. "Respectively, the band has followed instructions to be safe and for the most part stayed at home," he explains. "We've been discussing a short list of songs to record for our next EP al-

though there is no specific release date in mind. It's been a while since our last studio session - 3 years, so we are due! Personally, I've written 4 new melodies during this pandemic but have experienced some writer's block when it comes to lyrics. The band is ready to get back to our normal routine performing publicly which can't happen soon enough!"

Always a treat to see the evolution of our friend **Anja's** career. Even more timely is the release of her collaboration with Starlight Films on the music video for *Paved Roads*. Great cinematography showing the outdoors and a cameo of downtown Melbourne pre quarantine. The storyline throughout the song highlights the lyrics of the struggle in uncertain times. Looks great, sounds great. Looking forward to seeing Anja and her **Green Light** cohorts playing clubs again soon.

Another long time original music Brevard institution is **Coastal Breed** (photo below). They released *Greeting from Florida*, complete with album artwork from renowned local artist **Mark Longnecker**. Released this past spring, the 5-piece band sounds great on such tracks as *Beetle Juice*, *Listen Up* and the percussive build of *Innocent Man*. The production is top notch and should propel the band in the upper level of national touring bands and feel good summer vibes. Find out for yourself on all of their social media as well as *You Tube*...



Bits & Pieces deserve a place on your playlists. They have the local lineage and chops to be headlining stages across the county. Guitarist Len Jenkins checked in with an update. "We are writing the next album. Practicing safe distancing, supporting our local musicians that are playing online," he says. "I'm designing the new *Noisy Frog Recording Studio*. It will be a detached building next to my home approximately 1500sqft studio area with vaulted ceilings. I'm really excited about the project. The CoVid19 pandemic halted the permitting for the new building. I'm hoping to get it back on track by this month when our building department opens back up." The band (most notably featuring singer Joe Haile from Metro fame) continue to throw their support behind local causes.

"We were supposed to play the moving wall memorial after party at American Legion Post 81, but the entire moving wall event was cancelled," Lenkins explains. "We were very fortunate to have our annual charity golf tournament March 7th. It was a huge success. We raised just over \$4k; up from \$2700 the year before. This event is growing and we are proud to give back to our veteran community." You can catch Bits & Pieces on any of their social media pages.

Anyone who knows me knows that I am a sucker for a good collaboration. I was super psyched to hear that a relatively new band to the scene; **Ease of Convenience** has teamed up with local art wunderkind Kyle Heinly for a new release. EoC guitarist Brad Zvorsky tells the *Lowdown* all about it. "Kyle and I had spent some time together at local art fusion events. These events were usually a giant collective of artists all working on one painting, their own paintings, chatting and conversing. It wasn't until I had run into Kyle later in life downtown that I had considered a collaboration," he explains. "By creating a collaborative effort (Heinly does

the cover art for the band's debut release) I feel that we are all able to support the local art scene. With so many styles of artists, it is nice to see some of them come together to form a group that reflects their individuality together. I expect that this group has potential to explode within the scene, giving many people an opportunity to express themselves through an outlet". Zvosky sums it up by saying "We act with our emotions, and our art reflects it."



There has been so much uncertainty this year so far, I for one look for something familiar to find my center. For my money there is none better in Brevard County to do that with than **Sybil Gage**. She eats, sleeps and lives music so there wasn't anyone more relevant to check in with than Ms Gage herself. "Our challenge is to keep moving when you are sheltering in place. This is the longest period of time in 20 years that I have not been performing," she admits. "My season, like everyone else in the world, collapsed like dominos in early March. Now (husband) Billy and I walk 2 miles a day, plan meals (I never cooked so much in my life)! We FaceTime loved ones. My whole family lives in various hot spots. My mom is in San Francisco, my sister and cousins New Orleans, my son New York and I have a brother in a nursing home in Chicago. I garden daily, watch the news, play a little music, Netflix nightly. Chamomile tea and prayer are on speed dial. We pray for all that have lost loved ones, have gotten ill, all who cannot see family that are in nursing homes, all who are struggling to support themselves, their families and their businesses. We are

praying for the frontline workers who are saving lives daily. That has been keeping me quite busy." Having attended many a Sybil Gage show, I look forward to the day when she is back on the stage safe and sound entertaining the masses.

Switching gears slightly, local Viking metal band **Withering Earth** will once again be unleashed soon to rule the local stages like only they can. Singer/guitarist Greg Moir catches us up on their upcoming plans. "Withering Earth has been just taking it easy riding the turbulent waves of uncertainty that the world presents before us. I'm currently working on new music and I'm on a 30 day Hardcorejuices cleanse, Richie is doing a 1 week fast. Ryan and Keith have been working non-stop and hanging out as well. Mostly taking this time to work on who I am and what I want the next chapter of my life to mean once the world turns back on. People have been going on and on to me about how much they hate being at home all the time, but those are the same people who used to complain about never having time off or not being able to hang at home. I turned myself off of it and just decided to take the time to heal my mind, body, and soul. But Withering Earth is alive and well." The band found almost immediate success playing around the state opening for national acts. Moir promises the band is "always making plans and seeing how we want to move forward and ready to smash every face presented before us."

He also clues us in on the new songs, complete with new inspiration from the world around us. "It's already affected the new songs," he confesses. "There's so much confusion and frantic/erratic behavior with people these days as a modern day black death spreads here. It's making me feel more and more confined, trapped, desperate for an escape and for some air to breathe. Therefore, the music is more in your face than ever. Larger scale

and ambience to compliment the blitzing razor-sharp speed and ferocity. The lyrics are still fitting my design for the concept of the full album which has an entire story arc written throughout so not much change on lyrics. Just emotional overdrive." Well said.

Finally this month we check in with **Honey Miller**. Led by Dave Miller, the band has had a revolving door of members and a cast of characters bringing his songs to life. "I took a year hiatus after "WHO WILL SAVE ATLANTIS" concerts at Surfside Playhouse last April," he explains.. "I am working on some new music that is taking us down a new musical road & sound. What's new right? Always evolving. Better than revolving! Jeff Stanton (you know Jeff of course, he really helped launch Honey Miller with his unique approach to music & lead guitar) & I are working on a new project. We will be releasing a couple of singles with videos in the coming three to six months, just prior to the election. The musical intent will be socially & politically driven and likely controversial. With titles like "DUMP TheRUMP" & "GPS Heaven" how couldn't it be?! You had me at hello...

As I stated earlier on the introduction, the exact future and how the music scene remains uncertain. When this comes out you very well may be reading it while waiting for a band to come on and perform. You may also be stuck at home as a new wave of illness and concern is thrust over us. I've never been one to dwell too much, preferring for action and optimism. However the future month finds you, and us, I wish you well. The quarantine has given us plenty of time to reflect and prepare. We are instinctively survivors and lovers of the arts. The future remains unwritten so go grab a pen. As always, I'm just an email away at keller5@otmail.com. Expect a timely response although the font may not be the best to read. Til next month Brevard.



HERO, MARTYR OR THE GOAT

By Bill Stanley

Becoming The Person You Really Want To Be

This month's title feels like the title to a great parable of some kind. Maybe someday I'll write it and dazzle the world with some great antidote. For now, it's a really simple question. What kind of person do you want to be; a hero, martyr or a G.O.A.T.? Here is the catch though? You really can't control any of them. If you do try and control them, chances are you won't be living a genuine life. Let's break these down.

Hero — a person or character who fights adversity through ingenuity, courage, or strength. I start with the hero because isn't this who we all want to be? Being the hero is a great goal, but it is not one you really can plan for. This is because being the hero doesn't mean you are just some great person. It means you were a person who overcame adversity. We can be the hero much like we call our first responders heroes, but you really aren't the hero until a crisis ensues. I often say there are no heroes before the war. We don't pin medals on people for wanting to be a hero. We pin medals on people who have done extraordinary things in the heat of a battle.

I know we can't raise our hands and say, "I'm a hero." We can however, choose to live our lives with the hero mindset. This means we are making decisions and preparing for when the hardship comes. If people are a priority in your life everyday than chances are when adversity strikes, people will still be a priority. If your life is self-

centered than when adversity strikes, self-centeredness will be your default. No one remembers the self-centered as a hero, but they will consider the one who helped them in their greatest time of need as a hero.

Martyr — a person who sacrifices something of great value and especially life itself for the sake of principle. Throughout history many people have been inspired by particular martyrs. They are inspired for how they sacrificed and how they gave their lives for others. Much like the hero this isn't something you raise your hand and choose to be, but something that comes from a life of giving to others and doing the right things. You become a martyr after you die. Desire to live your life so that after you are gone the legacy you started lives on.

The self-centered person has what I call a martyr complex. Here in lies another catch. There is a bit of martyr complex in us all. So often your heart is in the right place. You want to help others and make a difference, but if you are constantly dropping the priorities of your own health and or family responsibilities you will eventually crash. It doesn't do anybody any good for you to become a martyr. I use the term martyr because often this person sees themselves as having sacrificed their own lives for something greater. The problem is, they are so self-absorbed that when things don't work out the way they intended they often lay on their proverbial sword for all to see. The martyr is someone who who inspires us to pick up the fight. The Martyr Complex, however, uses a message that simply gets lost in translation. We see the whining and bitterness of their approach and just shut them off completely.

G.O.A.T. — The Greatest Of All Time. I bet you have sat around with friends debating who is the greatest singer/band/artist/musician of all time. I have my favorites and you would argue for

your own favs. The reality is this can never be answered. The question is subjective depending on the person, situation and era. One might say the Beatles are the greatest because of what they brought to music, especially in the area of recording, but some might say U2 because of how their music has inspired people. The answer to the greatest of all time lies, in the who, what, when, why and how. Like the hero and the martyr, the greatest of all time will be named long after you're gone. It is not going to be me or you. Well, maybe. The reality in this is that you might be the GOAT in someone else's life, but the answer will always be subjective. You might have inspired one person, but another person might not understand what you were trying to do for their life and resent the message you shared. So the bottom line is you can't live your life trying to be the G.O.A.T.. You have to just live your life. Live it big, live it proud and live it with pride and passion for what you are called to do. Live it for others so that one day your life might inspired someone to follow your example and live a long lasting and prosperous life.

Hero, Martyr or the GOAT — Which one are you?

If you live your life with a proper mindset you will be the hero in someone's life. Then after you are gone your story will continue to inspire others and to some you will be the G.O.A.T.. Others may not see you this way and that is ok. All we can control is what we can control and not worry about the rest. The truth is, only time will tell. We don't get to choose. History will do this for us. All we can do is simply live our lives to the best of our abilities, by making wise choices and doing good to one another. I hope to dig in deeper with this concept in the months to come, but for now, I'll leave you with this thought. Your decisions impact your direction, and your direction determines your destination. Good luck friends.



Neptune's Echo Releases Single & Video During The Pandemic

The Melbourne Beach trio formally known as Sons of Neptune have a lot going on these days. After years of sneaking in an original song into their cover sets, bassist/vocalist Rob Barlett, drummer Pete Marzano and guitarist David Coatler have gone all in with a new release.

'Seeing Eye' is the lead off single, recorded by Stuart Richardson at *Rocky Waters Studio*. Their move from playing Green Day and Weezer songs to reinventing, and renaming, themselves is a calculated risk. So far it is working. The video (available on *YouTube*) highlights the band's surfer rock roots.

Beautifully shot scenes of the coastline and waves fit perfectly with the breezy but heartfelt melody of the song.

The lyrics of the song not only could document the band's evolution but also our current world situation. "The way is uncertain/the world is unkind. Can you be the seeing eye?" The song is reminiscent of 90s alternative rock; think **Toad the Wet Sprocket** meets **Sister Hazel**. It doesn't sound dated though as the trio incorporate modern sounds as well. Songwriter Bartlett plays multiple instruments and notes that this band is his most committed endeavor to date. Guitarist Coatler has shared the stage with Pearl Jam guitarist Mike McCready in support of the latter's charity benefiting Crohn's disease research.

The band released the song May 1st in the middle of the pandemic. The video itself is a welcome relief; showing Florida in all of its natural beauty. Marzano currently serves on UCF's faculty at its Internal Medicine Resi-

dency program at Osceola Regional Medical Center. "I hope the docs on the front line with COVID stay safe and I look to the future when we can all go to music venues again and enjoy the art of live music."

Neptune's Echo does intend to release additional recordings of their original songs. All on all they have enough material for a full length album. "We hope the singles we put out are enjoyed and put on peoples play lists to become 'keepers' in their personal collections," Marzano explains. "We hope our new songs take us to being a credible opening act for bigger acts in the Orlando market. My personal dream is to play House of Blues as I have so many memories there as a fan in the crowd. I'd like to be up there making someone tap their feet and smile." When concerts resume they also intend on using all their club connections from playing cover gigs to book a tour for their original music.

By Steve Keller

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ROCK YOUR HEALTH

Why We Crave Bad News

by Richard Hendry

Ever ask yourself why we always seem to be drawn to bad news? Wither it can be blamed on the hyperbolic 24 hour news cycle or a craving for the drugs that course through our bodies when we are in panic mode or mad about something - it makes no difference. The truth is that there is no common sense reason to look for bad news.

Now the bad news junkies will tell you that if you do not know what's going on....you're ignorant and left open to be hurt or used or whatever. That is just the sales pitch they use to make sure you follow them down the rabbit hole. They and possibly you, are hooked on the adrenaline rush that comes from the body going into its "fight or flight" response. We get this from fighting, fear and conflict. Don't believe me? Try this fun fact - there are more horror, thriller and danger based films produced every year than any other type of films. On TV, the glut of shows are based on Crime, Fire and Hospital dramas. No one spends the kind of money they do in producing those shows if there is not a huge market for it....fear and adrenaline sell!

Why? Because we are hooked on these feeling and the rush from them. And even though it's counterproductive to enjoying our lives - we have developed a strange pastime as of late and it's craving more... more fear, more anger, more conflict and more drama!

Take the current situation. It's bad. People have died. People are sick. The government systems, the healthcare system and the infrastructure have been exposed as lacking the power to respond to a crisis on this scale. No one has not been affected by this crisis in some way. Yet daily, I have seen people looking for more from it. From deniers to conspiracies spinners to hoarding behaviors to outright raging about it - we have all gone down the rabbit hole. The experts tell us is that when something is outside of our control - we look for anything we can control. For some, that was just as simple as making sure they did not run out of water and TP.

For others, well, they try to make sense of it in some way. Looking for someone to blame and even go so far as to look for a bigger meaning and create or believe that it's all part of some bigger and malevolent plan to take over the world. This type of panic make us less reasonable and clouds our thinking. It has even lead people to the uncon-

scionable attitude that it's "OK if people die, as long as I can keep working or shopping" or whatever they think has been taken away from them.

My favorite one has been comparing the current crisis to others in the past and saying that "we did nothing then – why should we do anything now?" because it's costly or takes time or whatever the equalizer is they use to excuse their belief. They are not bad people but, they are thinking wrong. If the idea that we should do nothing to help a situation was the rule of the day – we would have never cured anything or fixed anything. Just let it happen and whatever comes from it comes from it? From a child playing in traffic to the pain in your chest – in the normal world, no one would think this way. No one would say these things. The panic and lack of control causes these thoughts and feeling. This is not new behaviors but, it's worth understanding that it only hurts the body and mind and undermines your ability to recover from the stress we have all been under.

In fact, actively craving and buying into this extra drama, fear and rage – has given you more stress than the real ongoing event. As if the real and provable event is not bad enough....we need more! In every way, this is confusing motion with progress. Feeling mad or that you know better than well educated experts in health and viral contamination is not rational. Believing that you understand the macro economics behind the governments actions in this crisis should be something that you would normally laugh about. But, that's what fear and panic does, they make us say and do things that we would never do the rest of time.

Engaging in these actions make you think you have power in this time. However, it's not empowering anyone – it does the opposite. It leaves us feeling spent, less powerful and even more helpless. These behaviors distract us and make us less likely to take any kind of real action that could make a difference in our situation. They take away from our body and mind's ability to work, think and act in a way that could be helpful to us and others. Being unaware of the drain and stress these action cause can have a long lasting effect on you and your health. Long after a crisis is over, people feel depressed, helpless and less productive. This is most readily seen in those that have been in combat. With this current event still ongoing, we need to pace ourselves and get our head in the game and guard ourselves against falling into these lines of thought. They serve no one and only make matters worse.

Consider the feeling you get from helping someone or from believing that you are doing something good. These are real feeling that effect our minds and bodies the right way. They enrich our lives and are positive. They also do not drain the body of vital nutrients and have been shown

continued page 27

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Last Dance

"How many more relapses do you think you have in you?"

This question has been asked by thousands, if not millions, of loved ones and professionals trying to help someone drowning in addiction. I guess we have always felt that it needs to be said. However, its more like a hear me now and listen later kind of deal. Only sometimes later never comes.

I tend to use that understanding in my own recovery and when I work with others. As I sit here right now, I am inspired by the most recent loss. One of my very good friends that has successfully enjoyed his own recovery unfortunately has lost his daughter to her own battle. I can't think of anything worse to be honest with you, since I am the father to two young beautiful ladies. But this isn't about me.

Sometimes people are doing good. They are fighting, they are winning, and they are starting to get everything they wanted in recovery. They may even be heavily involved in a mutual help program, still in some form of counseling or treatment, and building back all of the responsibilities lost. However this disease is brutal.

Addiction can spot a reservation, resentment, or hesitation to respond to something unresolved. It can most definitely be patient and present itself with precision timing. Then crash!

Then the blame game begins. Who's at fault? The family for kicking them out or not kicking them out? The treatment program for not being good enough? The meetings for not working? The system for not having enough of everything needed? The stigma? The friends, because they're always easy to blame? How about the addict, since they're the easiest to blame?

In reality we all have our part, and I'm sure we can debate that a little if we cared to waste that kind of time. Instead lets focus on what is really at fault here, and that is the disease itself. Like any other disease it comes with symptoms and a set of circumstances that make successful remission difficult.

Remember millions of diabetics cheat on carbs and sugars, and millions of people suffering from heart disease still eat poorly and don't exercise. Not sure if anyone with food allergies risk that so much but maybe because the effects are rather immediate without any reward.

Addiction regardless of what its to, is so damn complicated. From early onset of how we developed the relationship with the involved substances or behaviors, to this crazy but very human belief that we can control it if we really...really... really want to.

It's amazing how much plain old fashioned stubbornness and luck come into play. Too stubborn to not try it then too stubborn to quit. Too stubborn to listen and even too stubborn to use again ever. Too lucky to get away with it the first time and unlucky that it worked too well. Lucky that you didn't die or go to jail all those times you should have, and lucky enough to have been incarcerated or mandated that last time. Whew! Sound familiar to anyone?

Anyway, getting back to the original question about how many relapses you have left. Well, I have found that when you gain any traction on the good side of this disease and start enjoying remission, it comes with one main conviction. And that is NONE!

Do whatever you have to do in your program of recovery, wellness, and spiritual journey. However, in that brain you must drill it in that you do not have another relapse in you. That all too many people before you have thought they did and they're families and friends are now suffering needlessly. Yes, you've been fortunate to live through some very hard experiences and maybe what you are planning to do doesn't quite match up, but thats the internal manipulation of this disease. It's a brain disease and knows your ego and arrogance as well as it knows your fears and insecurities. So the answer must always be NONE. You don't need a last dance. Take a breath and call someone now instead.

Just thought it had to be said today. I get so many calls from people who read Brevard Live so I know someone out there has to be needing this reminder today. If its you, then here it is. If not, then feel blessed and grateful of the quality of problems you have today. Share this and pass it on, because everyone knows someone.

ROCK YOUR HEALTH continued

to reduce stress, depression and they are actually empowering. Looking for extra stress and investing emotions in negative thoughts, bad news and wildly unsubstantiated nonsense is not entertainment or a healthy pastime when our lives are normal, in this situation – it can be something that will be with you long after everyone else has moved on. So, do what you can to break the habit. Later, you will be glad you did.



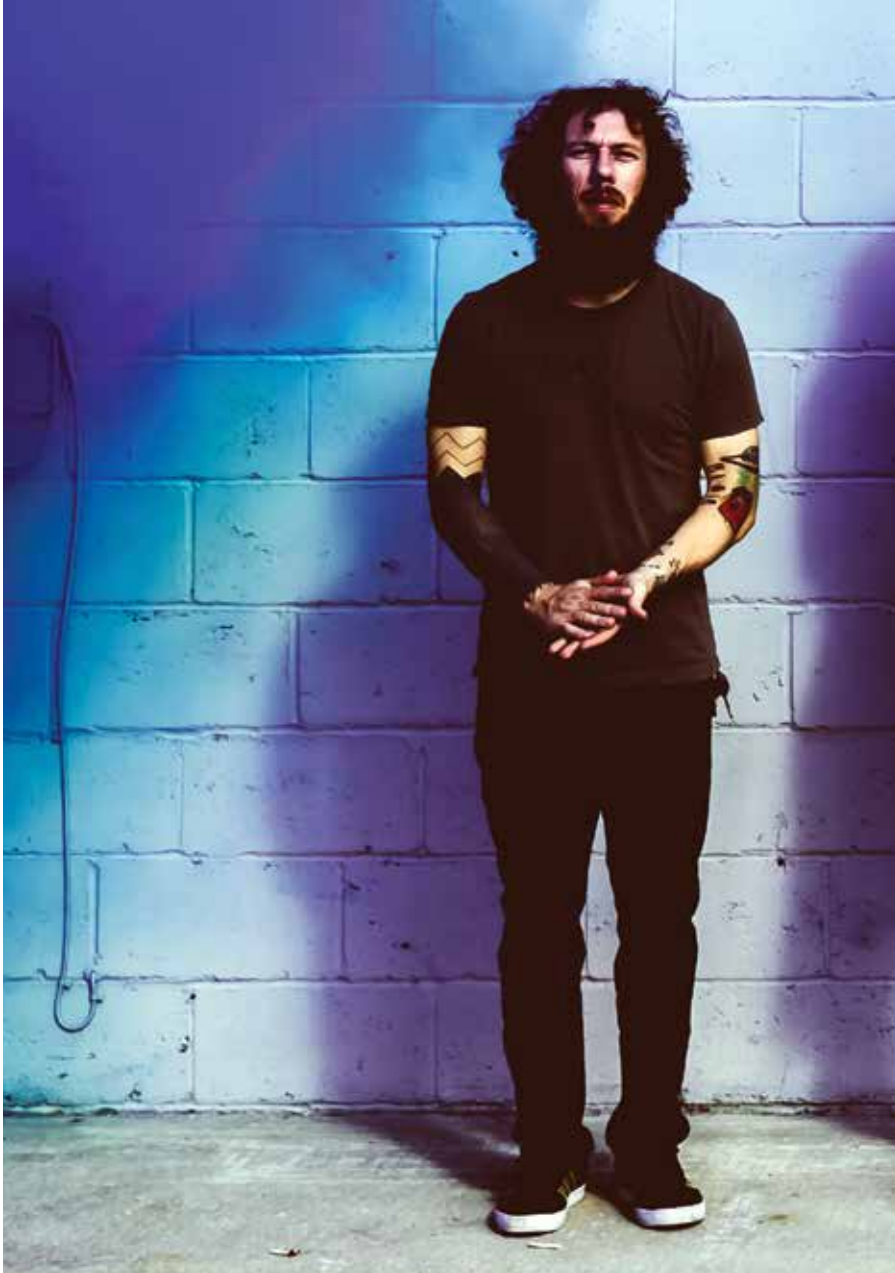
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JESSE MCMINN

By Steve Keller

You can learn a lot looking into someone's eyes. Although musician/photographer Jesse McMinn is soft spoken, his eyes tells the story. "I grew up in Cape Canaveral and went to school here in Brevard County. I didn't stay in school very long", he recalls. "I just wasn't interested in what they were trying to teach me. I was already playing music in middle school and that was what consumed my interest. We started young. Dallas Albers and I played in a few different bands together and PJ Trofibio ended up playing drums with us in one of them (The three would reunite years later as *Fighting The Silence*, most recently as *Beneath The Bell*.)

"That band fizzled out and I moved to Illinois when I was 19 and played in a couple short lived bands there," he continues. "After a few years me and a couple friends quit our jobs, packed up a U-Haul trailer (mostly full of music gear) and towed it with a Chevy Prism out to Oregon. They had some friends out there who had already established themselves in the music scene and we did the couch surfing thing while renting a practice space and looking for a drummer. The idea was to tour the west coast, but there was way too much drugs and alcohol being consumed for that to ever happen. I bailed on that project and ended up playing in a somewhat well-established band (for that city) and we did some really cool shows. Our singer wouldn't tour so I quit. I ended up playing with a band called Ninth Moon Black (they're still playing) and recorded a couple albums, went on a couple tours. It was fun."

Fun turned into pain for now twenty something McMinn. "At that point I had gotten into some pretty hardcore drug use and eventually chose the drugs over music," he admits. "Actually I chose the drugs over everything in my life. It nearly destroyed me and it took some years for me to realize that something needed to change."

"I ended up back in Florida (St Pete) with a little help from my brother. I literally had nothing; no instruments, amps, money, nothing. I was drinking whiskey for breakfast and eating dinner at the St. Vinnie's soup kitchen. I was wondering 'how the hell did I get here'. Things weren't supposed to be like this." It was only when he reached bottom did McMinn find hope and creativity once again. "I was directed toward a 12 step group and I went. It was the first time in many years that I had any glimmer of hope and so I kept going," he says. "I was very unsure if I was going to play music ever again but I had always liked taking pictures. I had gotten myself a smart phone with a camera and even though it was a real

piece of junk, it sparked that creativity that I needed back in my life. I would take the long way home on my bike ride back from slinging pizzas at the local Hungry Howie's and take pictures of everything that looked interesting while listening to Godspeed You! Black Emperor. That, along with working the 12 step program, saved my life every night."

With new found sobriety and a renewed passion, things started to turn around. "The funny thing is, at this time on the other side of the state Dallas and PJ were doing the same 12 step thing I was doing," he muses. "AND they were playing music. I had been clean for a year and decided to come back to Brevard County finally. We got together and played music in this sweat box storage near Port Canaveral and it was amazing. Really amazing. It was a feeling I didn't know that I had missed so much."

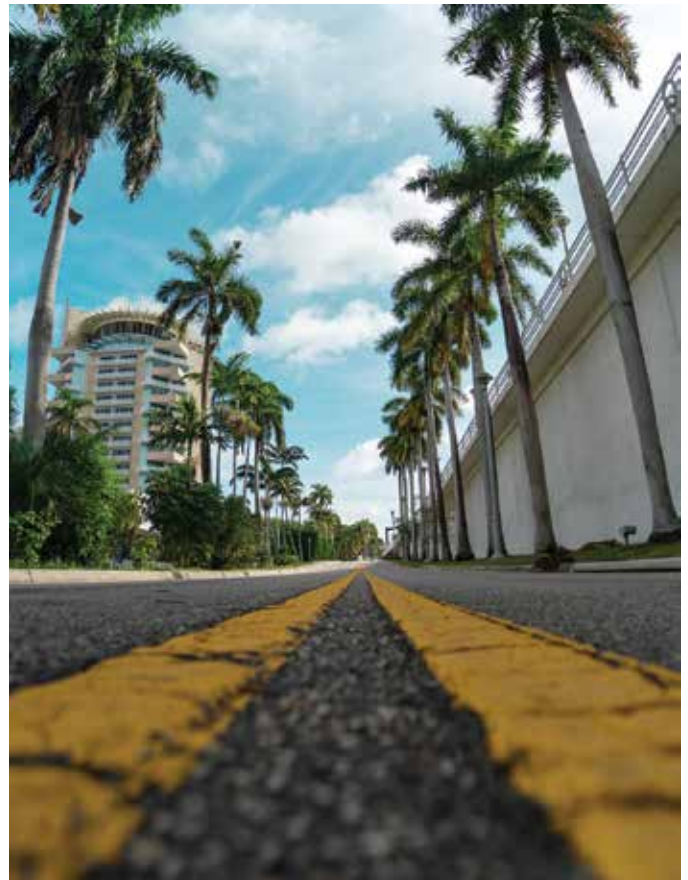
Together the trio known as Beneath The Bell have played shows and recorded their music, becoming one of Brevard's most sought after act, including a highly talked about appearance at last year's Space Coast Music Festival. "We have been back at it for 6 years or so now and I like what we are doing. We do it for the sheer love of playing and that feeling you get when you write something new that grabs your spirit."

Photography has now taken a prominent role in McMinn's life as well. "I kept taking pictures with the phone. Then I got a real camera finally and eventually through some stroke of luck, I ended up with a job doing videography and video editing."

McMinn's pictures, much like his music, tell an everyman's story but from a slightly different perspective. His subjects range from otherwise "normal subjects both indoors and outdoors alike."

"It's kind of like writing a new song. You don't know exactly what you're going to get. There's an excitement there but also a calm," he tells. One common theme to his work are streets and city life. Shot at different shutter speeds as well as different times of day, he positions the camera often at almost a dog's eye view. "The rest of the world doesn't exist. "I really just want to capture what I see. When that happens, that's the achievement," he explains. "If others like the image too, that's just sprinkles on the icing of the already delicious cake."

Check out Jesse McMinn's photographs on his Facebook and Instagram pages and follow *Beneath The Bell* on their various social media platforms.





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by Pompano Rich



June is always sunny and the logical family friendly region is the beach! From the Sebastian Inlet thru Cocoa Beach there are bountiful opportunities. Just hunting the beach signs and studying the history of the shoreline gives Melbourne a special flavor!

First and foremost there are two slots to catch fish successfully. Early morning I use the dim light thru 10 am and late afternoon from 6 to 9 pm. As a surf guide I prefer the pm bite. Mornings start out with offshore winds (westerly) which get hot fast. In the pm the onshore winds cool it down and it's a less populated... So grab the tackle of the day from Rigg's Outpost, fresh made sandwiches and beverages. The "Tip of the Month:" Absolutely fish late during the fuller phases of the month!

Beach tactics: find smaller less populated beaches. For best results bring a 5 to 6 ft. cast net and a 7 to 8 ft , medium to heavy rated spinning rod. A lighter rod will be appropriate for the delicious whiting. Always bring fresh shrimp, native salt clams (brined in advance, no odor and always catch fish), and fish bites ...

To catch the spectacular snook, redfish and sharks it's best to Safari beach accesses . Don't take the gear out of the vehicle unless you see bait. Always look for pelicans and sea gulls diving into the water. When pelicans are diving that means big baits are in the trough. This dictates big fish. So this is the cast net and the 8 ft. rods. Usually bait is menhaden. Hook the live bait thru the mouth or the clear area by the nose. Don't put the rod into a sand spike!

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