

August 2020 Volume 29 Issue 5

Art | Music | Dining

# BREVARD FLORIDA LIVE

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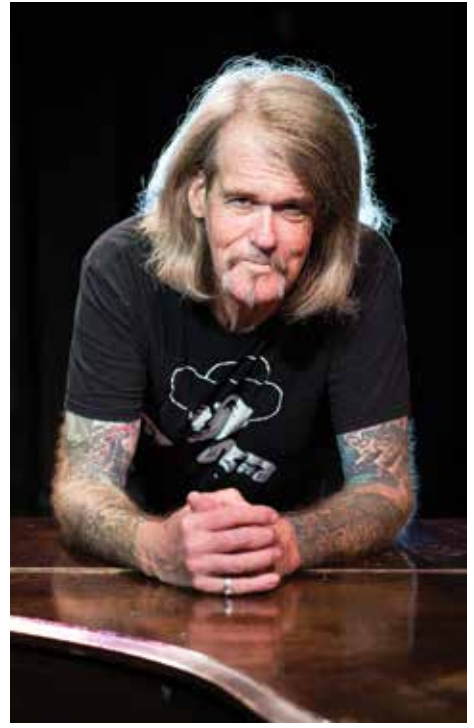
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The Oasis “A Drink with A Friend” has been a neighborhood bar in Melbourne Beach for decades. When Florida banned the alcohol sales in bars, The Oasis which does not serve food had to close its doors. A week later manager Lally had organized a fun art show in the parking lot. Several local artists exhibited their paintings among them Anne Debczak (left) and Lally (right). Bartender Carissa’s fabulous new clothing line, *Beachy Bliss*, was also on display while The Oasis offered cocktails to-go. Keep an eye on their Facebook page to find out what they do next.



A recovered SpaceX Falcon 9 stage one rocket booster is on a droneship and towed and escorted by tugboats. The rocket had been launched on June 30, 2020 and returned to Cape Canaveral on July 4th.

*Photo by Brad Martin*



Photos by Nealey Gail/Daytona Bleach Art House

# Marko Man & Lionheart

By Steve Keller

**T**his year has been a trying time for entertainers of any kind. Musicians who normally play restaurants and bars for a living have had a difficult time finding consistent work. Marko Man and The Lionheart Band continue to exist and bring their music to the people.

The band, led by guitarist/founder Marko Man Pocta has been entertaining audiences since 1992. “One of the first gigs we had was at Conchy Joe’s,” Marko explains. Quickly becoming the house band there, the group mixed rock and blues crowd favorite covers along with their own original R&B and reggae influenced material. Now almost 30 years later, the band continues to entertain audiences at various venues, local and beyond, including the renamed Squid Lips in Melbourne.

The secret to the band has always been the songs. “I started out listening to Eric Clapton And Jeff Beck, then Santana, George Benson and Keb Mo. I’ve always loved Bob Dylan and Bob Marley,” the native of Virginia Beach, Virginia explains. “I went down to Jamaica a lot!” That island culture and sound has a big influence on the band’s sound and roster. The band members hail from not only the US but from the islands as well.

After their residency at Conchy Joe’s ended, the band moved on to Margaritaville for a number of years. Whenever they play, Pocta is fully aware of what their job is. “We love to entertain the audience, music wise you name it we do it!” It is the varied musical selection that has allowed the band to thrive for all of these years. “We have played from Jacksonville to Key West, we play corporate gigs, weddings and club dates,” he said. “We are a very established band, playing Top 40, Island, Motown, as well as our own material.”



Marko Man and The Lionheart Band have recorded and released 3 CDs. *Joyful Noise* was their debut followed by *United Souls*. The band most recently has released *Positive Vibes*. All three are available for purchase online and at their shows. "They are a mix of our original songs as well as Blues, Reggae, and Motown songs done Lionheart style," Pocta states proudly. Their songs have received radio airplay in Germany, Belize, Bahamas and Mexico.

Even the many years of playing under their belts, nobody could have predicted the change in live music associated with the Covid 19 Pandemic. "Talk about a game changer," Pocta recalls. "In the beginning of 2020 I was playing in Havana Cuba in January, Isla Mujeres in Mexico in February, Lionheart played in New Smyrna Beach for a street-fest and club dates in Cocoa Beach in March. Then everything stopped. It has definitely affected us because we play out a lot or did," he continues. "When this happened, I checked with all my band members and made sure they were all healthy. We were all taking the necessary precautions. I talked to the club owners and agents to give them a heads up. These are some uncertain times and certain places we just don't play; only venues are all outside and everybody is complying with the guidelines. I'm really proud of the places we play because we know that some are not doing that and that's a shame!"

Because of Social Distance, some clubs have changed their format. Once again being able to adjust, Marko Man and The Lionheart Band are doing gigs as a duo, trio or full band. Joining Pocta in the band lineup currently are Alex Adam on lead vocals and percussion, Dan Dennis on bass and lead vocals, Chester Murray on lead vocals and percussion, Bobby Z and Toby Drentwett on keyboards, Jim Flautt and Kenny P on drums and Gil Diaz on Latin Percussion.

"I'm doing what I love, my life is playing guitar and writing songs," Pocta announces, (a highlight was jamming with BB King). "I was an original member of Molly Hatchet with Dave Hlubek and Steve Holland. They had a hit with my arrangement of *Dreams* originally done by the Allman Brothers Band."

For those music fans who are weary about going out to see live music, they can enjoy the band online. Live videos of the band playing at various local venues are a plenty on the Lionheart YouTube channel.

As the band close in on the 30 year mark, Pocta states how grateful he and his band mates are for the many years of continuous support. "We really appreciate each and every one of you, that's why we do this!"

**Check Marko Man on Facebook for upcoming news and concert dates for Marko Man and The Lionheart Band!**

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## 3rd Saturday In Downtown Melbourne

# Vegan Famers Market

By Susan Cava Ruimy

The Melbourne Downtown Farmer's Market in Riverview Park is held every Saturday from 10-3pm while the 3rd Saturday each month features vegan fare alongside the regular smorgasbord of Florida products. On the banks of the Indian River with lots of shade provided by trees and a modern, clean kids playground it is a great way to spend a Saturday. Founders Tim and Karen Shea have created a jovial, meaningful market community that has something for everyone, especially vegans on the third Saturday!

A vegan diet means no animals or animal byproducts are eaten - including dairy and honey. For some the reason is improved health or avoiding inhumane animal treatment and/or the environmental factor - slaughterhouses produce roughly 15% of the world's greenhouse gas emissions. The Shea's created the market 10.5 years ago and were approached by a group of vegan businesses to spotlight vegan vendors once a month - the Shea's welcomed them in.

While the Farmer's Market has everything from exotic plants to gator jerky to magnificently colorful local produce, on that third magical Saturday you can find rich, gooey cashew butter non-dairy chocolate cups by Vegan Dessert Delights. Known for vegan key lime pies, peppermint patties and cherry cordials, all are dairy free, many gluten free, owner Doug Parman says, "they are handmade for your happiness." Doug's company Vegan Dessert Delights came about when he started bringing his delectable desserts to dinner parties and realized there was a clientele ready, willing and able to enjoy his vegan goodies.

Veganism has been quite a trend lately, many referring to it as "plant based". The BBC recently published a study on 48,000 people and found those eating a vegan diet had little to no heart disease while Healthline published a study that those following a vegan diet intake less fat, sugar and cholesterol than carnivores.

Whether you choose to incorporate veganism one day a week, want to try some vegan snacks or go full time, the options in Brevard are there. Like the cleverly named Bacon Snack Factory, a vegan snack company with bags of hot-n-



spicy "bacon", ranch or cheese chips, all plant based. Owner Ahmed also produces mouth watering snacks that are lower in calories and fat than the average chip with far richer and more natural flavors - hard to believe I was eating cheesy snacks with no cheese. With all natural ingredients like chickpea flour, nutritional yeast and coconut oil - it is no shock that Ahmed sells about 90 bags per market. Some of these chips can be found in 7-11, Walmart and Amazon but all of them are at the Melbourne Downtown Farmer's Market every Saturday.

Another vendor is Strange Brew Apothecary which produces gorgeous soaps and candles without wax (from bees) or lanolin (from sheep). All their ingredients are double certified organic and made from sustainable ingredients. Owner Kali Bernardo says, "We don't harm any animals or hurt the environment in our production." This is an added bonus to their unique products like charcoal soaps shaped as

the sun and moon or the divine scent of their pink moon candle. Be sure to talk to Kali about any health issues as she has lots of knowledge to share on holistic health care. Who knew fragrances can play with your hormones or that boiled sea moss can clear your face?

Next up is a bear of a man named Jimmy Dean (yup, Jimmy Dean at a vegan market). He makes exquisite tiki's from Palm Trees that have either naturally fallen or must be cut down on a personal property. A Brevard local, Jimmy says, "My number one clientele is forward thinking people who tend to come to the vegan market; they don't want trees cut down just to make a Tiki, they want it to be upcycled." Jimmy is very affordable and has incredibly well made Tiki's in the form of Easter Island heads or the more traditional Hawaiian style.

Finally, Captain Tony's Salsa is a great example of a delicious product that just so happens to be vegan, raw vegan at that, as none of the ingredients are cooked. The flavors are so fresh and ripe you can take a chip, dip it in that salsa, close your eyes and imagine laying in the sun with a margarita while popping a chip. My personal favorite is the Pineapple Salsa that is not yet available in stores, only at the market, so stop by and grab a jar.

*For all these fresh and delicious treats be sure to stop by the Downtown Farmers Market in Melbourne every Saturday from 10am-3pm with the third Saturday offering lots of delicious vegan options.*




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As we continue to deal with the increased needs in our community caused in part by the ongoing Covid-19 epidemic, our foodbank neighbors tell us they are feeling the summer slowdown in donations. Summer is a traditionally slow time for food banks and soup kitchens. Covid-19 is placing additional pressure on these amazing facilities that deliver assistance to the less fortunate every single day.

As the pandemic continues to reap havoc on our ability to present musical events and concerts for fundraising purposes, BMG donated \$500 to Regalitos Foundation from its reserves. With that donation we were able to purchase \$500 worth of food and other items requested by St. Vincent DePaul Charities in Indialantic.

As we all know, due to Covid-19 the concert and event promotions industry has come to a standstill. Recently BMG was offered to bring a major Smooth Jazz artist to Melbourne in August. After much deliberation we decided the current conditions are not safe enough to ask you to support a live concert - BMG passed on the offer until the virus stabilizes. Concerts and events were our biggest fundraising platforms - they have gone away for now, leaving few options to raise money for our projects.

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# Stayin' A-Live

By Mid-June we hoped the pandemic was on its way out. The first phase of reopening, which involved opening restaurants and stores at limited capacity, began May 4th. On June 5th, bars, movie theaters and other entertainment venues had opened their doors after months of being closed in order to stop the spread of COVID-19. We were ready for the Epic After Party we had hoped for, club owners were booking bands, there was a sigh of relief. Then the published daily test results began climbing in Florida - and on June 26th Governor Ron DeSantis banned drinking in bars, capacities of restaurants were scaled back to 50 percent, and most venues canceled their live music. Once again, the hospitality industry had to find its way to stay alive. Most club- and restaurant owners realized that disinfecting and cleaning was not enough. Many asked their staff to get tested, and several places closed down until servers and bartenders tested negative. Restaurant owner Jeff Day from Cantina Dos Amigos in Indialantic: "We care about our customers. Under no circumstances do we want to get them sick."

"Cancel-culture" is the new name for our situation. Shows at the **King Center** were postponed or canceled. Even our **35th Annual NKF Rich Salick Surf Festival** that usually takes place on Memorial Day Weekend, is now planned for October 10th to 12th at the Cocoa Beach Pier: "We hope everyone understands as we do our best to navigate through such uncertain times while still raising money for the kidney patients in need," stated organizers Savanna Lanza and Phil Salick.

**Roland Guilarte** aka Brevard Music Group has been featuring high quality concerts for the past 3 decades around the county at the King Center and other classy venues. He put together magical Smooth Jazz Weekends along with special Jazz Cruises. On June 13th he presented the first (since the Shut Down) live Jazz Concert at the Space Coast Convention Center. There were



only 50 tickets for sale to ensure all safety guidelines; 49 were sold. This was the second of *BMG's Emerging Artists Series*, a fundraiser for *Regalitos*, a 501 c 3 non-profit organization. When faced with another concert in August, he passed: "We wait until it's safe." *Regalitos* mission is to continue doing at a larger scale what BMG

had already been doing for years - supply healthy meals and personal hygiene items to our local food pantry for distribution to single parents and families in need. Roland also wanted to highlight the source of the funding - live concerts..Since it will take some time until people feel comfortable, he wants to put his effort into fundraising so Regalitos can “give small gifts to those less fortunate” - Regalitos means small gift in Spanish. “Many families and single mothers are dependent on our local food pantries to feed their children. This need will increase soon because of the inability of many Brevard school children to attend school and have breakfast/lunch in school this year.” Regalitos and Brevard Music Aid also pooled money together to help local musicians.

Following correct state guidelines replaced the initial confusion after the ban of alcohol sales was announced, and slowly restaurants are bringing back live music, mostly as solos and duos. Outside decks, tiki bars and patios are preferred spots; nothing beats fresh air with an ocean breeze and live music. Following venues have booked some entertainment: Crowne Plaza, Lou’s Blues, Matt’s Casbah, Mainstreet Pub, Heidi’s Jazz Club, Fresh Scratch Bistro, Bonefish Willy’s, Rooney’s, and there are several more. At print time some of our customers did not finish their bookings for August. It seems as if most businesses operate week-to-week not knowing what lies ahead. Key West Bar owner Kelly: “We might even face another shut-down.” but she smiled and added, “We’re gonna make it through it.”

After June 26th quite a few places including the VFW posts closed down, a few days later the regulations were defined and neighborhood pubs that serve food were able to operate again along with Veterans Posts. **Johnathan’s Pub** in Cocoa Beach was closed for a week and able to re-open, for now without live music. But there’s something on the menu that you might want to try when you are in the area - The World’s Worst Sandwich! We tried the



French Dip and it was “something to write home about.” Musician Billy Bones had called it “half a cow” before - and that sounds about right. Johnathan’s serves fresh squeezed orange juice that

continued page 15



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## The Column

By **Chuck Van Riper**

### To Do List

Ok, now we're all getting bored. We've been in hibernation since March. I've already binge watched every episode of Star Trek, including the Next Generation - twice. I've read newspapers, books, and countless online bantering. I practiced all my Harmonic Minor scales for hours at a time. What to do, what to do. Are you all getting as bored as I am? Well, here's a few ideas to bide the time. I tried to include as varied a selection as I could. A little something for everybody. Enjoy.

For my *musical* friends, as many of you probably know, Mahler's Symphony #3 is the longest symphony ever written. It consists of 6 movements lasts about an hour and a half. Try analyzing the chord structure of each movement. That in itself would take a while. When you're done with that, take the whole thing and rewrite it, but transpose it up a half step! For example, the first movement is in D Minor. Transpose it to D# Minor! That will be fun. Watch out for those double sharps, though.

Perhaps you're more into *traveling*. Well, being in the epicenter of the apocalypse right now, we really can't go anywhere out of state without a 14 day quarantine, so we'll have to ponder in state. One of my all-time favorite places in Florida is Captiva Island, off the coast of Fort Meyers. Take a trip there, but instead of driving, walk! Yes, a nice leisurely stroll across the state may be just the thing you need. For practical purposes, I would suggest getting one of those little red wagons to carry your luggage. And if you're REALLY in an athletic mood, try walking across the state in ice skates! That should kill some time. Just be careful going through the swamp in the middle of the state. You can use the skates to scare the alligators away, maybe.

Maybe *reading* is your thing. Do you have a favorite book? Take a book, any book, like *War and Peace*, or maybe your favorite romance novel. Now, translate it to Klingon! Ok, maybe I have been watching too much Star Trek! Don't know Klingon? No problem! Here's a link to a Klingon translator. It's amazing what's on the internet these days. <https://tradukka.com/translate/en/tl>. I tried it, it's cool! "What the hell are you doing?" becomes "nuq ghe" or "Data"?". The first line of my favorite Shakespeare

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sonnet: "Tired of these, for restful death I cry" becomes "jIDoy'be' roD Hegh jIH vIneH". I think I'll do this on my drivers license next time. Now keep in mind, you can only do 5000 words at a time. Hmm..how many words in *War and Peace*?

Perchance you are in a more *artistic* mood. Do you enjoy painting or drawing? I do. Go out and find a good spot to draw, maybe the park, downtown, or the beach. Once you have selected your subject, make a drawing of it...actual size! Yea, stock up on pencils and paints because you're going to need a lot. Draw a tree actual size. You're probably going to have to tape a whole bunch of paper together. If you are painting, 5 or 6 pads of the really big paper should get you started. Just don't pick a subject that is too big, like the new hotel they're building downtown. That's just ridiculous!

Do you have *pets*? Teach them another language! Nothing better than a bi-lingual pooch or kitty. At first you'll have to use both words together so they get the hang of it. For example, say you wanted to teach fluffy Croatian. You have to say "sit!" and "sjediti" together, over and over. Eventually, They'll equate the two. Start simple. Work your up to "who's a good boy" or "tko je dobar dečko". Once I had a border collie. I taught him to bark twice every time I asked him "What's the square root of two?" or "Koji je kvadratni korijen od dva?". We were working on the square root of three before he passed. Before you know it, you'll have your pet understanding Croatia for that next time you take them on vacation to Bosnia or Serbia.

Well, I hope everybody stays healthy and happy during this portion of the Apocalypse. Don't worry, you won't be bored for long. The murder hornets will get here right at the height of hurricane season, but the aliens will come and save us. All this in an election year, too! Now I have to go cut the grass, one blade at a time, each blade 3.26 cm high. Or maybe I'll just go take my 4th nap today. Oh, yea...GO REGISTER TO VOTE! See if they'll let you use Swahili.

### STAYIN' ALIVE continued

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### The Mortal Coil Shuffle

By Matthew Bretz

I always knew... well guessed, I never KNOW anything. I always guessed that facing my own mortality would be terrifyingly humbling. I just never thought I would have to face it so soon. My brush with the end wasn't dramatic or heroic. It wasn't full of excitement and discord, other than my own. It was really left wanting in the realm of sensationalism. I had just eaten lunch and was watching television when suddenly I felt what I thought was really bad indigestion. I had just crammed fast food down my gullet so I was half expecting it anyway. Usually it makes an appearance and then cools down as my food digests. This time it wasn't doing that; it was getting worse. After about 45 minutes I called urgent care to see what they thought I should do - and they told me. I already knew what they would say, but I wasn't ready to make that call yet and give in to what I pretty much knew was happening.

When the ambulance arrived I met them in the driveway so my dog wouldn't bark. I told them I was probably experiencing indigestion and hopefully this would just be an expensive wellness check. After a few minutes they told me I was wrong. They told me I was having a heart attack.

Everything was a blur after that.

I remember bits and pieces of people talking and acting quickly around me, plugging me into machines, stripping me, something about an operating room, and then my room in the Intensive Care Unit where I would stay, confined to my bed, for the next handful of days.

At one point, during all of the ruckus, I do remember someone telling me not to be scared by how fast things were moving — it was because every second counted so my chances of survival would be better. I remember thinking at the time how crazy it was that they were using that kind of language with me. My chances of survival?! What do you mean “my chances?”

I have played that moment over in my head so many times since then.

So, now I'm in week 3 of recovery and going out of my mind. I'm confined to my house now and not allowed to drive. Except for the driving bit not much has changed due to Covid. On a normal day, outside of doctor's appointments and such, I leave the house once a day for an iced mocha (decaf), my own connection to my normal-before-attack life. The worst part about recovery isn't the boredom though. It isn't even the constant need to nap, or the pain that visits a few times a day. The hardest part, I have come to discover, is the psychological aspect of it all.

Facing your own mortality isn't a feeling anyone can really explain well enough that you could really get it without having experienced it. I had never before considered what it would be like and I was not prepared. Since I've been back at home I have had the worst trouble sleeping at night. I can sleep ok during the day in short naps, but no matter how tired I am, I can't get to sleep at night. Some nights it's because of the horrible dreams I can't seem to escape. Other nights I have restless leg syndrome that lasts for

hours and I want to pull my hair out. And some nights I simply have a very real fear that I won't wake up again.

I read that sometimes heart attack patients will develop Post Traumatic Stress Disorder (PTSD) in the first few weeks. I can see that.

During the day my mind wanders and wonders and is generally up to no good. Very often now I spend my time trying to navigate a kind of existential crisis about my place in the world. Nature, it seems, wanted me dead a very short time ago. What does that say about my purpose and value? I feel like the walking dead. Like I died already, but for some reason I'm still hanging around like a ghost just taking up space and killing time until it all happens again. Believe me when I tell you that feeling a loss of connection to the living world will mess with your head.

The truth is I was given a raw deal from the start. I don't take the best care of myself, but certainly better than a lot of others I know that are my age. So, what the hell? After some research I discovered that having Tourette's (as I do) doubles my chances of heart disease. As of matter of fact, 52 percent of my people will develop heart issues around the age of 40. I was damned from the beginning.

By the time you read this I will be almost out of recovery and on to my new life of flavorless food and boringly sober Saturday nights. Hopefully I won't feel like I'm haunting my own house anymore, and things will have begun to creep back to normalcy. Probably not though because “normal” does not exist anymore. It is dead and gone forever. Now comes something different.

---

*Matt Bretz has been a member of our Brevard Live Magazine team for two decades. We wish him a speedy recovery and will be there to support him.*



## Entertainment Calendar

### 1 - SATURDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Stay Tuned  
**FRESH SCRATCH**  
**BISTRO:** 6pm Tom Parks  
**HEIDI'S JAZZ CLUB:**  
 7-11pm Heidi's House Trio  
**LOU'S BLUES:** 5-8pm  
 Acoustic  
**MAINSTREET PUB:** 5:30pm  
 Alex & The Yesterdays  
**ROONEY'S:** 6-10pm Denise  
 Turner

### 2 - SUNDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 4pm Rich Brown  
**FRESH SCRATCH**  
**BISTRO:** 4pm Good Vibes  
 Sunday  
**HEIDI'S JAZZ CLUB:**  
 7-11pm Jazz Jam Session  
**LOU'S BLUES:** 4-7pm  
 Acoustic

### 3 - MONDAY

**LOU'S BLUES:** 7pm Dirty  
 Bingo

### 4 - TUESDAY

**LOU'S BLUES:** 6:30pm  
 Trivia  
**MAINSTREET PUB:** 5:30pm  
 Elemental Groove  
**ROONEY'S:** 7-9pm Trivia

### 5 - WEDNESDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Char Good  
**MAINSTREET PUB:**  
 5:30pm Alex Rodriguez

### 6 - THURSDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Joel Thomas  
**HEIDI'S JAZZ CLUB:**  
 7-10pm Sybil Gage & The  
 Catahoulas  
**MAINSTREET PUB:**  
 5:30pm Chase Harvey

### 7 - FRIDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Matt Adkins  
**FRESH SCRATCH**  
**BISTRO:** 6pm Sarah D  
**HEIDI'S JAZZ CLUB:**  
 5-8pm Steve Kirsner &  
 Friends; 8:30-11pm Rev Billy  
 C. Wirtz  
**LOU'S BLUES:** 5-8pm

Acoustic

**MAINSTREET PUB:** 5:30pm  
 The Umbrella Thieves  
**ROONEY'S:** 8:30pm Karaoke

### 8 - SATURDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Stay Tuned  
**FRESH SCRATCH**  
**BISTRO:** 6pm Bill Hamilton  
**HEIDI'S JAZZ CLUB:**  
 8-11pm Rev Billy C. Wirtz  
**LOU'S BLUES:** 5-8pm  
 Acoustic  
**MAINSTREET PUB:** 5:30pm  
 Brothers Within  
**ROONEY'S:** 7-11pm Rick  
 Ferrin

### 9 - SUNDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 4pm Rich Brown  
**FRESH SCRATCH**  
**BISTRO:** 4pm Good Vibes  
 Sunday  
**HEIDI'S JAZZ CLUB:** 7pm  
 Jazz Jam Session  
**LOU'S BLUES:** LOU'S  
 BLUES: 4-7pm Acoustic

### 10 - MONDAY

**LOU'S BLUES:** 7pm Dirty  
 Bingo

### 11 - TUESDAY

**LOU'S BLUES:** 6:30pm  
 Trivia  
**MAINSTREET PUB:** 5:30pm  
 Elemental Groove  
**ROONEY'S:** 7-9pm Trivia

### 12 - WEDNESDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Denise Turner  
**MAINSTREET PUB:** 5:30pm  
 Chuck Van Riper

### 13 - THURSDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Mike Murphy  
**HEIDI'S JAZZ CLUB:** 7pm  
 Sybil Gage & The Catahoulas  
**MAINSTREET PUB:** 5:30pm  
 Chase Harvey

### 14 - FRIDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Matt Adkins  
**FRESH SCRATCH**  
**BISTRO:** 6pm Irena Freckle

**HEIDI'S JAZZ CLUB:**

5-8pm Steve Kirsner & Friends  
**LOU'S BLUES:** 5-8pm  
 Acoustic  
**MAINSTREET PUB:** 5:30pm  
 Absolute Blue  
**ROONEY'S:** 8:30pm Karaoke

### 15 - SATURDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Stay Tuned  
**FRESH SCRATCH**  
**BISTRO:** 6pm Mike Murphy  
**HEIDI'S JAZZ CLUB:**  
 7-11pm Hella Ayelet Gal w/  
 Heidi's House Trio  
**LOU'S BLUES:** 5-8pm  
 Acoustic  
**MAINSTREET PUB:** 5:30pm  
 White Coat Syndrome  
**ROONEY'S:** 7-11pm The  
 Piano Man

### 16 - SUNDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 4pm Rich Brown  
**FRESH SCRATCH BISTRO:**  
 4pm Good Vibes Sunday  
**HEIDI'S JAZZ CLUB:**  
 7-11pm Jazz Jam Session  
**LOU'S BLUES:** LOU'S  
 BLUES: 4-7pm Acoustic

### 17 - MONDAY

**LOU'S BLUES:** 7pm Dirty  
 Bingo

### 18 - TUESDAY

**LOU'S BLUES:** 6:30pm  
 Trivia  
**MAINSTREET PUB:** 5:30pm  
 Elemental Groove  
**ROONEY'S:** 7-9pm Trivia

### 19 - WEDNESDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Sarah D  
**MAINSTREET PUB:** 5:30pm  
 Miranda

### 20 - THURSDAY

**FRESH SCRATCH**  
**BISTRO:** 6pm Jerry Z  
**HEIDI'S JAZZ CLUB:** 7pm  
 Sybil Gage & The Catahoulas  
**MAINSTREET PUB:** 5:30pm  
 Sidney Taylor

### 21 - FRIDAY

**BONEFISH WILLY'S**  
**RIVERFRONT GRILLE:**  
 6pm Matt Adkins



August 7 & 8, 8pm  
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### Rev Billy C. Wirtz

Though many have tried, none have yet been able to define who, or what, Rev. Billy C. Wirtz really is. He's been called a comedian, a music historian, a piano player, a Polyester Prophet ... and the list goes on. There's not enough room in this magazine to try and paint a full picture of the ineffable Rev. Billy C. Wirtz. His material consists of irreverent comedy routines set to music. He is also a historian, researching the evolution of Black popular music after WW2. Rev Billy has played all over the world, opening for Bob Dylan, ZZ Top and dozens more.

He's recorded 12 albums, even wrote a book, toured with The Nighthawks for a while, and is legendary for his hilarious live performances. Like an itinerant revivalist in a carnival tent, he'll begin slowly and gradually build to a rapid fire torrent, as if he were whipping the congregation/audience into a frenzy. Every time - in normal times anyway.

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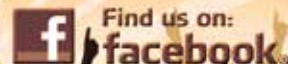
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# Record Store Days!

They say that everything old is new again. A great example of that over the years has been the fascination of vinyl records and the accompanying stores that sell them. There has always been a comfort in the collecting of vinyl records. Some casual fans might be surprised that today there are over 1400 Record Stores in existence in the US. Since 2008 that comfort has been bestowed its own 'holiday' known as Record Store Day. Some 12 years later there are participating stores on every continent in the world. Blending the mom and pop ascetic with technology ([www.RecordStoreDay.com](http://www.RecordStoreDay.com)), different generations have come together to celebrate the rich history of the medium and to promote it to future collectors.

This year's festivities will be split amongst three separate days; **August 29th**, **September 26th** and **October 24th**. Not only spread out to assist the slumped economy affecting all retail, but also to manage the crowds that gather in anticipation of the commemorative vinyl releases as we all the re-releases of classics that have been out of print. In addition to vinyl, record stores have various merchandise available and famous "ambassadors" giving their stamp of approval on the yearly event. 2020's official ambassador is singer/songwriter Brandi Carlile joining Pearl Jam, Iggy Pop and Metallica in recent years.

"We have to adapt to the "new normal" and if that means not having one big day of hundreds of record drops and crowds of people, I am on board for it," says Beachside Retro owner Josette Tornabene. The popular retail store on A1A boasts a wide selection of recent and classic vinyl, collector's items and just added beach items such as towels, chairs and sand toys to live

up to its namesake. "We are putting safety over a huge party with huge crowds and a long line," she continues. "We will have the huge party when it is safe to gather again!"

Josette purchased Beachside Retro in October 2019, so this will be her first of her Record Store Day events. "In order for a store to participate, the store has to sign the RSD Pledge which states "...to act in the spirit of Record Store Day, and sell the commercial Record Store Day releases to their physical customers, on Record Store Day; not to gouge them, or hold product back to sell them online." This is pretty cool pledge because it ensures all customers a fair chance to get a record off The List at a fair price. The re-launch of the store is surviving the pandemic and what this year has thrown at it. "We now have a bargain bin where we have records under \$7. We have collectible records on our wall for \$200. We are trying to stock a wide variety of all genres and at all price points new and used!"

## 28 - FRIDAY

**BONEFISH WILLY'S RIVERFRONT GRILLE:**  
6pm Matt Adkins  
**FRESH SCRATCH BISTRO:**  
6pm Irena Freckle  
**HEIDI'S JAZZ CLUB:** 5-8pm  
Steve Kirsner & Friends  
**LOU'S BLUES:** 5-8pm  
Acoustic  
**MAINSTREET PUB:** 5:30pm  
Dueling Pianos  
**ROONEY'S:** 8:30pm Karaoke

## 29 - SATURDAY

**BONEFISH WILLY'S RIVERFRONT GRILLE:**  
6pm Tommy Mitchell  
**FRESH SCRATCH BISTRO:**  
6pm TBA  
**HEIDI'S JAZZ CLUB:**  
7-11pm Hella Ayelet Gal w/  
Heidi's House Trio  
**LOU'S BLUES:** 5-8pm  
Acoustic  
**MAINSTREET PUB:** 5:30pm  
The Bedheads  
**ROONEY'S:** 7-11m Teddy V.

## 30 - SUNDAY

**BONEFISH WILLY'S RIVERFRONT GRILLE:**  
4pm Frankie Lutz  
**FRESH SCRATCH BISTRO:**  
4pm Good Vibes Sunday  
**HEIDI'S JAZZ CLUB:** 7pm  
Jazz Jam Session  
**LOU'S BLUES:** 4-7pm  
Acoustic

## 31 - MONDAY

**LOU'S BLUES:** 7pm Dirty  
Bingo

## PALM BAY RECREATION

**August 7:** 8:15pm Free Drive-Up Movie in the Park, Veterans Memorial Park, 2201 Port Malabar Blvd NE. must pre-register at [www.PlayPalmBay.org](http://www.PlayPalmBay.org).  
**August 22:** 8pm Free Drive-Up Movie in the Park, Fred Poppe regional Park, 1951 Malabar Rd NW. must pre-register at [www.PlayPalmBay.org](http://www.PlayPalmBay.org).

## FRESH SCRATCH

**BISTRO:** 6pm Irena Freckle  
**HEIDI'S JAZZ CLUB:**  
8:30pm Steve Kirsner & Friends  
**LOU'S BLUES:** 5-8pm  
Acoustic  
**MAINSTREET PUB:** 5:30pm  
Spearfish  
**ROONEY'S:** 8:30pm Karaoke

## 22 - SATURDAY

**BONEFISH WILLY'S RIVERFRONT GRILLE:**  
6pm Rich Brown  
**FRESH SCRATCH BISTRO:**  
6pm Steve Hodak  
**HEIDI'S JAZZ CLUB:** 7pm  
Heidi's House Trio  
**LOU'S BLUES:** 5-8pm  
Acoustic  
**MAINSTREET PUB:** 5:30pm  
Cover Story  
**ROONEY'S:** 6-10pm Denise Turner

## 23 - SUNDAY

**BONEFISH WILLY'S RIVERFRONT GRILLE:**  
4pm Stay Tuned  
**FRESH SCRATCH BISTRO:**  
4pm Good Vibes Sunday  
**HEIDI'S JAZZ CLUB:**  
7-11pm Jazz Jam Session  
**LOU'S BLUES:** 4-7pm  
Acoustic

## 24 - MONDAY

**LOU'S BLUES:** 7pm Dirty  
Bingo

## 25 - TUESDAY

**LOU'S BLUES:** 6:30pm  
Trivia  
**MAINSTREET PUB:** 5:30pm  
Elemental Groove  
**ROONEY'S:** 7-9pm Trivia

## 26 - WEDNESDAY

**FRESH SCRATCH BISTRO:**  
6pm Denise Turner  
**MAINSTREET PUB:** 5:30pm  
Vinnie Hines

## 27 - THURSDAY

**FRESH SCRATCH BISTRO:**  
6pm Chuck Van Riper  
**HEIDI'S JAZZ CLUB:** 7pm  
Sybil Gage & The Catahoula  
**MAINSTREET PUB:** 5:30pm  
Chase Harvey



# LOCAL LOWDOWN

By Steve Keller

No way it can be August already, can it? I hope in reading this that you are well. What a truly bizarre year. In my many, many years (47 next month), I would have never thought all of this would happen. I know, nobody would! Now that I've got that out, we shall begin. One thing I know for sure, our music scene is utilizing this down time to be creative. I have truly been impressed with each month's variety of local talent. I find myself having to make sure that there is enough room in the column to fit all the great stuff we have going on around here.

I am proud to introduce the unsuspecting world to the musical genius of Dave Clark aka **Slow Machines**. A truly amazing experience on his self released Volume 1 and 2 releases available all throughout the internet including *Spotify* and *BandCamp*. It has a certain Death Cab To Cutie meets Cat Stevens/America vibe to it. As Clark tells me; "Slow Machines is an original solo project that I started last year. I've always written songs ever since I was a kid, but I always sort of kept them to myself, opting to play as a side man in bands when playing live." Both *Volume 1* and *Volume 2* feature guest female singers; Jacie Madison and Bonnie Harrington respectively. Clark

tells me that *Volume 3* is done and on the way. Clark was also a part of a collaboration for *SoundCloud* that we'll talk about a little later. Fair warning, you will like these songs and they will get stuck in your head. Hopefully by presstime we will have a better handle on live shows and will be able to see a Slow Machines live concert with Clark and a cast of characters.

Another solo act using her studio time wisely is Kim Kotschi known professionally as **Somber Mercy**. She explains her musical history: "So Somber Mercy is my indie pop solo artist persona that plays on the themes of radical self-acceptance, duality, inner demons and the shadow self. Originally born from my rise from depression two years ago, my music promotes the concept of embracing mental health, and inspiring others that they can follow what they love while simultaneously being imperfect." Inspired by artists like Lady Gaga, Melanie Martinez, Florence & The Machine, and public speaker Claire Wineland, Somber Mercy strives to find the harmony within herself to accept both vulnerability and her inner darkness to see herself as whole. Fans can find her first official single release for *Starry Eyes* on Spotify, Apple, iTunes, Deezer, Tik Tok, YouTube and other music platforms. For live acoustic performances or behind the scenes, they can follow her on Instagram or Facebook @sombermercy.

"Yes! I am from Brevard, but lived on the other coast for a few years, and it was very hard to get my footing out there. I have only recently found my way in the local music scene this past year since moving back, and I think it is one of the best environments to grow, collaborate and network with musicians in Florida." When asked if there was any last words she would like to share with our readers she shared her favorite quote: "remember you are a human being, not a human doing." Right now with this pandemic we feel

we need to constantly do something, sometimes the best things come from deciding when to do something and when to give ourselves a break. Give yourself a break and go visit Somber Mercy's music online...



Some shout outs need to be done. Was so excited to see my friend and yours **Andrew Wiggins** rejoin **Paging Mr Herman** (photo above). He took a break from music to get married and have a baby. He joins guitarist/singer **Brian Young** and bassist **Pat Vanlandingham**. I played a show and had Andrew walk into the club at the exact moment we were set to play. I don't get nervous but let me just say, it didn't feel right playing their songs. I am glad to switch spots with him and have him back to where he belongs... In related news former PMH bass player/current **Queen Vulture** singer James 'Jims' Brinkle welcomed daughter Andromeda into the world in mid May. Both, baby and mom Sarah Jean, are healthy. The Lowdown wishes all involved the best in life and maybe the kids will start a band years from now as well... Speaking of kids let me tell you about Sagan. If you follow me online you've seen the videos of this kid that I have shared. He is the musical prodigy of Justin and Jordan, who all reside in Little Rock, Arkansas. At 3 years old Sagan shows more raw musical talent than half the adults I know. Justin, whose band **Queen Anne's Re-**

**venge** graced our state with their presence some years ago, has just officially called it a day after many years together. “Our 5th and final record is called *Nature’s Creatures*, which we recorded in quarantine,” he explains. “I long for days back in Cocoa Beach, much simpler times. I can’t wait til things are safer and we can come visit and play some shows.” Until then, check out QAR’s music on *YouTube*. As far as the child prodigy? If I was Justin, I would just revel in his gifts and let the kid rock out. Justin and Jordan’s posting of videos feature Sagan in his black Ramones t-shirt, banging on the drums or grooving on the piano. Consider this his ‘you heard it here first’ posting of many more to come.

We have a lot of colorful characters in our music scene. **Dave “Honey” Miller** is one that comes to mind quite quickly. The band (more importantly back with collaborator Jeff Stanton after a 5 year hiatus) is back this month with the single “*Dump The RUMP*”. The song is much different musically for them but the message is their most upfront to date. The single and upcoming video should be in your hot hands and ears as you’re reading this, with a percentage of the profits being donated to National Center for Exploited & Missing Children (NCMEC).

I’ve always admired Dave’s drive and convictions. He masterminded two performances at the King Center some time ago and now comes back with a strong message in the new song. Look for big things to come with the resurrection of the band. He has always aligned himself with the best players and Stanton is definitely in that caliber...

**Joshua Keels** (photo top right) should be a household name. He does have his supporters (those who email me requesting inclusion in this fine magazine). I must admit, I have dropped the ball on singing his praises in these pages. That stops now. Promoting his 3rd

release aptly titled *Joshua Keels III*, the 5 song collection showcases his talents not only as a singer but the evolution of his songwriting. He as a solo artist was able to stay pretty busy during quarantine, his fans acknowledging social distancing and such. Playing marathon length gigs both covers and originals alike, he has entertained all over the county but regular gigs in Titusville. Songs from the latest album include ‘*This Fire* and the banger *Premomition Girl*. I may have been late to the party but I’m on board now and so should you. Check Joshua out online for upcoming performance dates and on *YouTube* to check out his latest release.



And the hits keep coming. Try to remember what you were doing at age 13? For me, 8th grade I was wrestling and playing in the pit orchestras for our musicals. Not bad but not nearly as impressive as local singer/songwriter **Nilah Lois** (photo below). She held center stage, performing and keeping a crowd AFTER **The Spring** had played. She performs a blend of cover tunes and her own songs as well as gives ukulele lessons. How cool is that! You can find her music online on Spotify among others as well as one of the featured singers on Mike Della Cioppa’s Sound Cloud collaborations. The Konglom/Easy Uzis/Watson Collective/businessman had a simple but daring concept. Write a simple melody and ask your friends to contribute to it. Take all the submissions that were written, performed and recorded separate from each other and mix it down. Lois contributes to the song “After The Now” along with singer/multi-instrumentalist **Josh Lupowitz** and the afore mentioned Dave Clark from Slow Machines. If that song wasn’t perfect enough, he also uploaded “8 Bars To Life” including contributions from **Clark, Awerds, Paul Roub, Syd Taylor, Jake Salter, Charle Hendry, Kurt Ronstorm Lamp, Isaac Wil-**

continued page 22



**LOCAL LOWDOWN** continued

liams, and Shannon ‘Chief’ Cherry. Clark described the experience of submitting a piece to the musical puzzle without knowing the end result. “Mike sent me 8 bars that was nothing but a baseline and a synthesizer track,” he recalls. “He included instructions to do whatever I felt like. He didn’t really say what his plans were but I figured he was up to something cool. I sent it over and he said thanks, and that was the end of it. I didn’t hear it until after he released it online and I just about lost my mind.” These songs really define what our scene has become and the endless possibilities of what it can be. Look for more in depth reporting on the music and the players in the future.

Checking in with a band I know I’m excited to hear and I’m sure you are too - **Somebody’s Hero**. Born from the ashes of the legendary **Who Was I**, the band features guitarist **Steve Harvey** and vocalist **Darin Foxx**. Rounding out the band is **Rod Bobo** (ex-Vertebreaker) on bass, drummer **Marshall Ostovich** formally with the band Screaming Distance and newest addition but certainly not a stranger to the music scene, guitarist **Stephen Pooley**. I just happened to run into cofounder Harvey last month as I was writing this and he and the band were going into the studio with producer Mark Brasel of *The Zone Productions*. “It’s melodic with a heavy feel to it, probably the best thing that I’ve been involved with and I have like seven CDs under my belt,” he raves. Song titles include “How Would I Know,” “Empty One” and a ‘new one we just wrote with no name yet’. No word at press time on the album title or when it will be out but Harvey promises, “I think you’ll enjoy it and as soon as we get it done, we will get in contact with you do an exclusive for sure.”

So another column in the books, another day of uncertainty. I, like you

reading this, are at least a little bit old school when it comes to gathering your entertainment. Reading magazines was always kind of an escape for me since I was a little kid. Still is. Writing the words all these years later is a true honor. So you can imagine our task in writing each time for the next month when we are square in the present month where things have literally

changed daily. Not trying to get all inception on you but it has been weird to write in the present tense not knowing what August will look like. Everyone here and truly most everyone I know, wishes nothing but the best of health and peace of mind for all. As always, drop me a line at [keller5@hotmail.com](mailto:keller5@hotmail.com) and in the words of Bob Marley tell me ‘everything’s gonna be alright...’

**5 QUESTIONS w/ Wade Vargo**



**W**ade Vargo is loyal band mate. Currently in three local bands (take that Carlos Santana); Honest Havoc, Best Supporting Actor (celebrating 13 years together this month) and most recently Blue Diamond. As HH/BD band mate Jimbo Garris describes; “Wade is an extremely talented musician. He has an appreciation for a variety on genres which makes him able to adapt to various styles of music.” He reluctantly agreed to take the spotlight for a change and answer 5 questions...

**How old were you when you joined your first band?**

WV: 13 years old. Me and a friend jammed in our cool neighbor’s garage. The dude had a bad ass SS Monte Carlo and a drum set. We played AC/DC songs.

**Did you ever think that you’d still be playing in the same two bands (HH & BSA) this many years later?**

WV: Not really. I’m glad we are all still alive and playing though. (laughs)

**What are thoughts on the current local original music scene?**

WV: The original music scene has got a lot better since I started playing locally. There is enough interest and participation to keep the venues open and be able to do things like the original music festival. I never thought I’d see the day when there were two or three great local shows on the same night, all in Brevard.

**Do you have a specific favorite memory?**

WV: My favorite shows have been in smaller clubs with a band I have never heard blows my mind. That has happened a lot right here in Melbourne. Shout out to In The Whale.

**Is there anything still left to do on your musical bucket list?**

WV: I still want to do a “The Mummies” tribute band. And maybe break even on gear purchased.

*Check out Wade and his various punk, rock and country bands online and at various establishments all over Brevard.*



## **Awkward Situations for the Win**

By Bill Stanley

A few years ago while in Puerto Rico, I was involved in an awkward situation. We decided to enjoy a tour of the El Yunque Rainforest. The tour included a bus ride through the tropical woodlands and crystalline waterfalls with stops along the way to take photographs of the vast flora along the countryside.

One time when we got back on the bus, everyone was in different seats, so I sat down in the nearest, available seat. Unfortunately I sat in a seat a lady was saving. When she saw me, she went off on me, stating she wanted her seat back. The situation was actually more awkward for everyone else. Her family, was so embarrassed, they hounded her about it the entire rest of the trip.

We encounter awkward situations almost everyday. One of my favorites is walking down a narrow hallway trying to choose the correct lane from the person walking toward you. You each change lanes four times until almost bumping into one another. Don't even get me started about texting the wrong person, especially if the message you texted, was about the person you didn't know you were texting. How about leaving a public restroom and you weren't the one who clogged the toilet? You have to do the walk of shame anyway, passing the line that formed while you were occupied.

Have you ever wondered why awkward situations are awkward? I think life itself is a bit awkward. Awkward situations reveal the fact we have all have issues. These issues remind us of how vulnerable life really is. I think

the reason situations are especially awkward, is it takes us back to a time in our lives we were embarrassed. This embarrassment puts us in a very vulnerable place.

### **Vulnerability Forces Surrender**

Each time we experience vulnerability, we surrender a part of ourselves. We have to face the music from our past. For some, the encounter takes them back to tenth grade kid trying to make the football team or cheer squad. Vulnerability forces us to surrender to our shame. When we surrender to our shame, we also surrender the best parts of ourselves. I've always believed we shouldn't be embarrassed about something that everyone else also does. I think we should embrace our vulnerability without surrendering to shame.

### **Awkwardness Feels Like Rejection**

We surrender to shame because we are afraid if others knew what we're going through, they wouldn't accept us. You think to yourself, "I'm not good enough." You continue to struggle because you are afraid of rejection. Shame becomes a fear of disconnection. This is why the awkward situation embarrasses you.

Awkward situations actually bring us all together. When you share the story with others, they don't laugh at you, they laugh with you. They laugh with you because we have all been through similar situations. Sadly, I believe some people enjoy the misery. Nothing anyone says can change that because something their past continues to anchor them in shame. Even when love and belonging are offered, you find excuses to shy away. The truth is you're addicted to the way things are. The more you run from these feelings, the farther you think you are running from the past.

Here is the truth of your future; what you are today is a small glimpse in what you will be in your future. What I

mean to say is, if you live in shame, the future looks like more shame. However, if you can learn to lean in and embrace the awkward situations of life, you surrender shame to your own will, not the other way around.

Consider the fact our story is much like Buzz Lightyear in the movie, Toy Story. There's a scene when Buzz finally discovers he isn't actually a space ranger. He calls himself and insignificant toy. Right there beside him was his pal Woody, who reminded him, he was a toy and that fact cannot be disputed, but he also reminded him he wasn't insignificant. Woody said to Buzz, "You must not be thinking clearly. Look, over in that house, there's a kid who thinks you're the greatest, and it's not because you're a space ranger; it's because you are his."

The reality is we are not great. We aren't even that good. We have flaws, scars and hurts. Life isn't always ok. You are not always going to be ok. There will be many times in your life where you will realize you are not what you wanted to be. The awkward situations remind us of this, but when we tell our story and others relate, it should also remind us we are not insignificant. You are not insignificant because we are all in this together. You are loved, accepted and cherished by others.



*I AM NOMAD is a column for all rebels, wanderers, artists, lovers and anyone who looks at life outside the box. Bill Stanley is an iconoclast, mystic, activist and speaker and coach known for his work in social justice and spirituality. He speaks to thousands annually as a keynote speaker in business events, conferences, church retreats and social justice projects. You can connect with Bill on LinkedIn, Facebook and Twitter.*



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## ROCK YOUR HEALTH

### NOTES AS THERAPY

by Richard Hendry

It has always been there for me. In the background. Whether I was playing it or it was replaying in my head – music has always been there. It is one of my oldest memories and remains one of my fondest. I was 4 years old in a small trailer in North Olmsted Ohio, playing a copy of Live from Folsom Prison by Johnny Cash. Singing “A boy named Sue” at the top of my limited, 48 month old range.

For whatever reason, my connection with notes arranged in a pattern has never faded. It is an old cliché but, music has been the soundtrack of my life. My music tastes have changed over the years but, unlike most people I know – I only added more and never deleted the old files. Mainly because each song has meaning. Each one is attached to a time and place in my life. Over the years, I have thought that I could have used that space in my head for more important things. I know now that would never happen. But, it was not until much later in my life I understood why. Music was not just a distraction or background sounds – it has been a form of therapy. A way to access memories and relive times. Not all of them good times but, then again, important all the same.

I have used music to bring me up or down. Help me go to sleep or wake me up in the morning. Put me in a better mood or aid me in thinking about whatever I needed it to. I am currently listening to music while I am writing this. I am addicted to it. Simple as that. But, unlike a habit one has to hide or make excuses for – being a music-holic has no stigma. No social disdain attached to it. You never get a hangover from it and using it has never brought me heart ship or the loss of a job. It has only enriched my life and kept me going. To me, the right song has a kind of magic to it. In the truest sense – I fell in love with it and it has been the longest relationship of my life. At this point I should state that I never slept with a LP, as far as you know.

Over the years, I have tried to explain my feeling about music to others and sadly found out that not everyone has the same relationship with it as I do. I feel for them. I have always thought that they are missing out on one of the greatest things I have every known. And it turns out that music is not just therapy for me – it can be helpful to everyone. Music stimulates parts of the brain that few other forms of input can do. In scans of the brain, while listening to music, it lights up in more places than almost anything else we experience.



Music has been shown to aid in learning, cognitive thinking and problem solving and yes – it has a true and provable effect on our mood. Stimulating the release of brain chemicals that make us feel good. And its not just for general, run of the mill ups and downs. Recently in 2017, After reviewing 25 trials, researchers concluded that music is a valid therapy to potentially reduce depression and anxiety, as well as to improve mood, self-esteem, and quality of life. They also noted that no negative side effects were reported in any of the trials, making music a low-risk treatment – no prescription required. Music also makes sense for employers - according to research, it works! Studies show that 90% of workers perform better when listening to music, and 88% of employees produce more accurate work when listening to music. Listening to music not only boosts workplace efficiency, it can also improve your mental and emotional well-being at work. Sounds great right? No downside? Well.....maybe. Like most things, source matters.

For years people have claimed that certain kinds of music might have bad effects on us. Dark and violent lyric might desensitize us to violence in general. These old and outdated ideas have been put to bed in a 2019 study using death metal music - the results were – the lyrics of these songs had no effect on us. They did not make us want to go running in the streets killing everyone. But the question remains, is every type of music good for any situation? My personal research says no. and since I have been a life long user of music for mood, I have what you might call an “expert druggie’s” opinion on this matter. I have play lists for all occasions. Work, writing, sleeping and kick me in the butt lists. So, how then can you find the right music to help you through life’s ups and down?

My suggestion is to really listen to the music. Start by finding songs that you have an emotional connection to. Ones that bring you back to something good. Then make a list of the ones that bring back unfavorable feelings and put them aside. Often, when people are sad, they tend to gravitate to the sad stuff. This is like using a depressant to relieve depression. It will not work. Researchers say try finding a quiet place and play a few uplifting songs while relaxing. Over time, the music will have a positive effect on you if you let it. There is no one that believes that changing our mood is like turning the volume up or down but, over time, music to help with mood can be one of many tools we can use. It sure beats eating everything in the house or drinking our way to oblivion.

In these trying and uncertain times, we can use all the help we can get. You have access to it 24 hours a day without needing to run to the pharmacy or a dark parking lot. Wither you are happy or sad or just need to get things done – the right tunes got you covered. So let the music play...think well, be well!

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## We DO Recover

*"She's never going to stop using"*- anonymous parent

It's hard to keep the faith and hope alive when you're watching someone you love dying. Too many loved ones are crying tonight and every night praying for it all to be over. Doesn't really matter if the problem began within the last year, or has been around for longer than anyone wants to remember. One day feels way too long.

One day feels too long for the person in the beginning of their recover too.

Many of us started days full of promise and commitment, only to watch it dissolve at some point back into the hole of fear, anxiety, and self doubt. It's hard to imagine that life can really be different. That somehow life can have a better plan for me.

We get so accustomed to failing that it becomes the norm. It becomes the expectation. We get upset at others for losing faith in us, but we've lost faith in ourselves long ago. That's when I knew. I knew that I could put everything down and walk away. I had nothing to lose because it all felt lost anyway. Total disconnect from all that was supposed to feel important. But didn't.

I realized that I didn't have a clue of what recovery felt like or even looked like for me. My needs and wants were so cloudy and circumstantial. I really just wanted my mind to shut up.

Instead of trying to get what I wanted out of recovery I started to just do the work. Not because I believed anyone, but because I didn't. I do the suggestions, just not pick up, open up, listen, and have zero expectations that I will experience a burning bush.

I stayed hidden for years. In plain sight, but hidden. They saw me, but it was the me I wanted them to see. I can fake it better than most I thought.

I can still remember the first real feelings I started having. Surprised me. Then came another and another. Time slowly brought inexplicable emotion into me. I wanted to fight it and resist. Am I being manipulated by this process? Am I becoming one of them? I hope not because I can't stand them and their stupid pitiful stories.

Yet, I kept coming back and putting in work. That's the deal I made to myself and whatever else was listening in my silence. After all, I just met someone really special, was back in good graces with my family, and moving forward academically/professionally.

That was 31 years ago.

I never became one of them. I became me. The real me. The me that was frozen and buried deep under layers of painful memories and anger. How did this happen?

The reality is that my story isn't unique. What I have witnessed in the past 31 years is that those that felt the least and sickest often make it. It's amazing how much accepting that the next layer down is death, and although I didn't care about dying, I did care about making all of them right.

I definitely didn't want the voices in my head to be right.

If you don't like the story you've written so far, then keep writing. Not because it can have a fairy tale ending, but just because it can have an ending that leaves room for another book entirely. Not just another chapter.

I never imagined the life I have today. Didn't want it because I thought it impossible and honestly it doesn't have all of the superficial qualities I thought were meaningful. However, it has an overwhelming sense of *I belong to it*. So silent are the internal voices that used to be so loud. So prominent is the faith and hope in not only me but others around me.

My parents got their son back because we Do recover. Breath deep, stand up, walk away, and welcome to the impossible. What else do you have to do today?

Here for you always..good luck...tDD.



A Peace Rally and Concert was held at the band shell in Eau Gallie on June 28th. Among the many performers was the band Ro.Sa that came from Orlando to perform at the event. Photo by Chuck Van Riper



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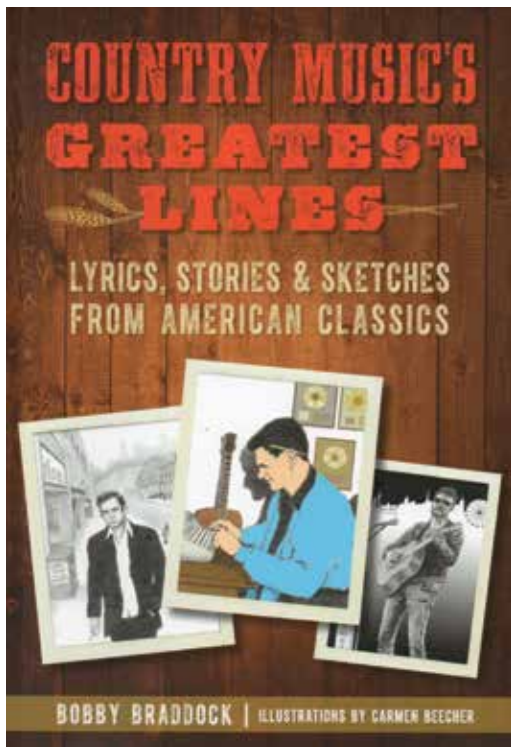
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# CARMEN BEECHER

By Steve Keller



Ever wonder where the ideas came from for some of our best-loved country songs? Satellite Beach's own Carmen Beecher helps answer these question of how the lyrics to our favorite songs are born, in the new book *Country Music's Greatest Lines: Lyrics, Stories and Sketches from American Classics*. When legendary Nashville songwriter Bobby Braddock presented his idea of a book with inside stories about country songs from the 1940s to the present, Beecher readily agreed to do the illustrations, and the result is a fascinating look inside the songwriting world.

Beecher was an illustrator for the Air Force, winning awards for Graphic Art and Fine Arts and having paintings in the Pentagon's Air Force Art Collection, before retiring to devote herself to oil painting and an internet art business. "I had a 31-year career in civil service working for the Air Force," Beecher informs from her home in Satellite Beach. "During that time I had a variety of jobs but the best was my time in the Patrick Air Force Base Graphics Shop as an illustrator. I created two public service comic strips that were published on the base."

Upon retirement, Beecher started painting seriously and joined the painting group, *Pieces of Eight*; a dynamic and supportive group of women that are still together. "The Daily Painting movement was just starting so I began painting several small paintings a week and posting them online," she comments. "It's a good market and still is with a pandemic going on."

Beecher then took the leap and added author to her repertoire. "I wrote and illustrated two books; one is a memoir, *Crackers and Oranges*, written for my family to know what life used to be like in the old days in Central Florida. The other is a children's picture book, *Dibble the Dragon*. Both books have rave reviews from online buyers praising their content. Beecher has blended the memories of her upbringing with the current creature comforts of technology and worldwide communicating.

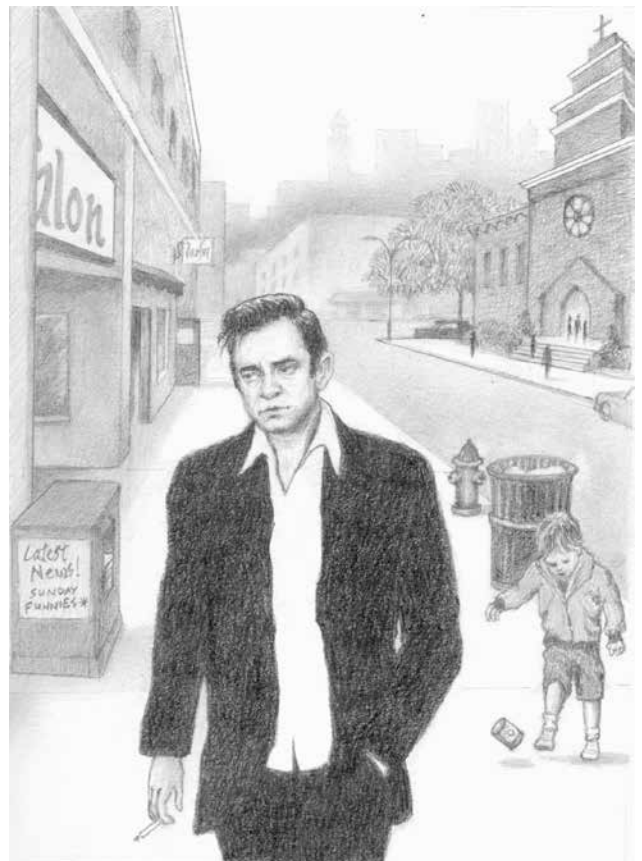
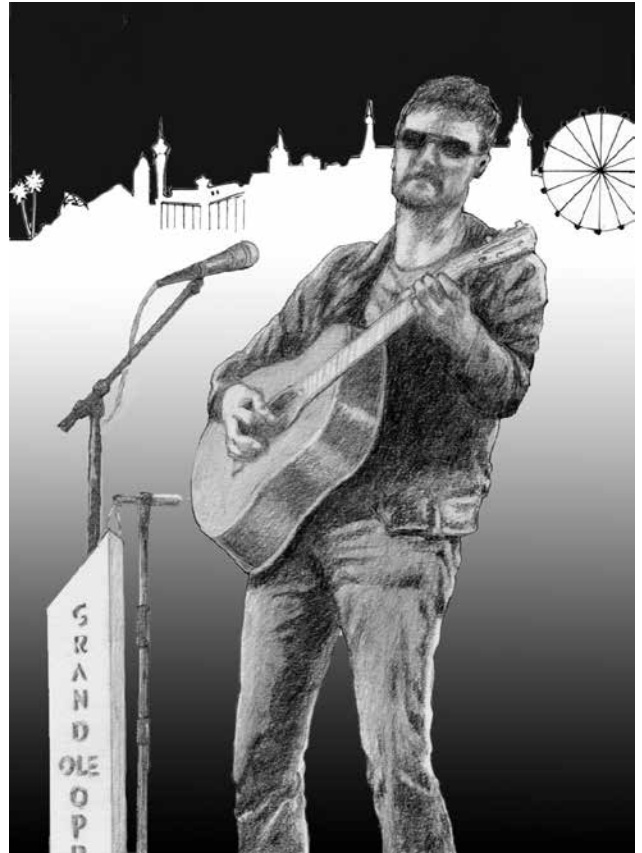
With *Country Music's Greatest Lines*, Beecher has teamed up with Country Music songwriting legend Bobby Braddock for this collaborative book release. Braddock is a member of the Nashville Songwriters Hall of Fame, The Country Music Hall of Fame, and The Songwriters Hall of Fame in New York. His many notable hits include "Time

Marches On,” “He Stopped Loving Her Today,” and “People Are Crazy.” Braddock is the only living person to have number one songs in five consecutive decades. Also notable, he discovered Blake Shelton and produced several number one hits with him.

“Illustrating *Country Music’s Greatest Lines* became a full-time job, and I spent a year on the drawings,” Beecher confesses. The book blends great stories and anecdotes from Braddock along with Beecher’s spot on illustrations of the songwriters and some of their characters in the songs. Beecher jokes, “I kept being reminded of the country song sung by Toby Keith, “I Wanna Talk About Me,” which was also written by Bobby Braddock.” in preparing for this story with Brevard Live. She put her oil painting career on hold to devote herself to the book, and found inspiration in asking her Amazon Alexa to play a song while she was drawing it, which she says is also a great way to read the book.. Although the book was released July 6th, promotional appearances had to be put on hold. “Bobby and I were to have a big book signing in Nashville at the Country Music Hall of Fame, but of course the pandemic put a stop to that.”

Braddock himself enjoyed the writing experience and the end result with his collaboration with the artist. “Because so many country songs have crossed over into other fields of music and become an important part of our culture, I think there are few people who are total strangers to the truly American art form of country music,” said Braddock. “By featuring songs and song lyrics that span the early days of country radio to present-day downloading and live-streaming on the Internet, hopefully there’s a little something here for everyone: an illustrated brief history of the words of country music, and the songwriters who created those words and made them sing.” The book gives an insider’s view of classics from Hank Williams, Roger Miller, Kris Kristofferson, Taylor Swift, Eric Church and more. Beecher’s illustrations bring the songs to life with realistic renderings of songwriters, superstars, and a few surprise characters.

In addition to the book’s release, Beecher has resumed her career creating art and making it available for sale online. She now has her art for sale on [www.carmen-beecher.com](http://www.carmen-beecher.com), [www.carmensart.etsy.com](http://www.carmensart.etsy.com), and [www.artpal.com/hbeecher](http://www.artpal.com/hbeecher). “I also have a blog at [www.carmenbeecher.blogspot.com](http://www.carmenbeecher.blogspot.com), where I recently challenged myself to do 30 Faces in 30 Days. I didn’t miss a day, and tried to keep the faces varied and interesting. Some were famous, others just interesting to me. This was a really good quarantine-time exercise,” she explained.





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**Rigg's Outpost  
FISHING REPORT  
FOR AUGUST**

by Pompano Rich



August fishing in Brevard is remarkable! It's a climatic intersection of pretty much every great specie you might be interested in catching. Whether you fish the Lagoon, the Sea shore or Offshore you will catch fish. The mid Summer to Fall entry is an annual much sought after Piscean Party! Being a Pisces and a fishing guide I feel part fish. Perhaps my imagination has provided the curiosity and drive to locate fish better than the average Rich!

The historic Brevard Lagoon will be loaded with huge schools of bait literally exploding with Big Trout, Redfish, Tarpon and Snook tearing it up. Early morning action will require live bait. Pogies, finger mullet and live shrimp are the baits of choice. As the day advances DOA soft lures, Rapalas and Bombers will be the necessary ammo to put these beasts into the net. When new to the area consider a captained charter to maximize the experience. It will be well worth it. Rigg's Outpost is ready to help you fish the Lagoon on one of their fine pontoons and or wonderful kayaks.

Offshore will provide a wonderful array of fish. August is hot and requires high SPF clothing, sunscreen and plenty of water. When hiring a charter choose a half day morning charter. August is notorious for afternoon rain showers.

For those of you that want to escape the mainland offshore trolling is the way to go. Trolling ballyhoo and finger mullet for optimal results. The Captain will navigate massive lines of Sargasso weed. The primary and easiest fish to catch will be Dolphin (also know as Mahi). Maniacal jumpers and great fighters. Have the cameras prepared for a series of jumps. The second super cool fish is the Kingfish. A skyrocketing silver missile with an avid set of teeth. Ranging 10 to 40 pounds they eat well and are primarily caught for the smokehouse. Smoked King is shipped all over the US and is great with a nice cool beer. Other species out there include Cobia, Sailfish, Snapper and Triggerfish. The majority of these reef dwellers will be 2 to 3 miles out.

August beach fishing will offer serious gamefish for the seasoned anglers. Snook, Tarpon and Big Jack Crevalles will pilot the surf searching for menhaden, finger mullet and glass minnows. To best these fish one will fish early am and late afternoon. Take a child fishing to provide him nonstop reeling action with a "Blitzing" croaker and whitening bite! Starter action with light rods to merely cast 30 feet is that vacation benefit incomparable for cheap! Trust me. I've been in Florida 60 years and August is red hot for Fishing. Tightlines You All !!!!

# SATURDAY BLUES



Robert Johnson

*Hosted by Frank Genduso (Brother Frank),  
Jay Maguire (Father Jay)*

Every week on Saturday Blues you will hear blues songs from yesterday to today!

All the original blues singers came from the church in one way or another, good or bad.

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Robert Johnson, delta and acoustic blues, electric blues and horns. The whole gamut including a few surprises!

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