

MAY 2020 Volume 29 Issue 2

Art | Music | Dining

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To Our Brevard Live Readers

At time of publishing this issue Brevard County was still shut down; bars, night clubs, and all music venues were closed; some restaurants stayed open with take-out orders for food and drink. Public beach parking was closed, the hotels were not allowed to accommodate tourists, but the beaches were open for walking, swimming and even surfing - the first sign of life coming back to Brevard County. Many clubs and restaurants had used the past five weeks to remodel and do an intense spring cleaning, so when it's time to open, it will be a fresh and newer environment. We hope for the first restaurants to open in

May, slowly and carefully, with appropriate social distancing. An urgent plea to the vulnerable folks: please stay home. We do not want you to get sick.

A big Thank You to our friend **Robert Rish** who started a Go Fund Me page to *Keep Brevard Live Alive*. He knew that we were unsure if we even have the advertisement revenue to pay for a print issue. We found a few supportive customers and along with the reader-donations we almost covered the May production. But it wasn't all about the money. It was about the support, the kindness, and the fact that people care. We want to thank you for that!

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THE SHUT DOWN

Nobody saw it coming. The arrival of the Corona virus in Florida, escalated by the huge Spring Break parties, caused the Shut-Down of the entire State. *Brevard Live* talked to local club owners.

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After the Shut Down Superstar DJs began hosting virtual dance parties online. One local musician, Todd Charron, was inspired by all of this and decided he could do something similar and help musicians in Brevard at the same time..

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DEVIN SEIBOLD

A recent video post depicts Seibold in lockdown. He slowly loses it, and gains facial hair. "Yep, filmed the later parts first and cut it down to the beginning parts," he confesses to the cleverly filmed routine. So clever in fact that the video has gained millions of views.

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My sincerest thanks for continuing with me on this journey.
We have a long way to go.

Most of my events by far have been centered on themed pub crawls.
I hope that we may resume those, but we need open bars.

My heart goes out to all businesses and individuals who are on a financial cliff,
especially those in the service and entertainment industries that in other times
give us so much joy and are now without income and benefits.

To adapt to the new paradigm, we are planning group bicycle rides and other events
that will fully comply with social distancing and government orders.

These will be detailed in the newsletter.
So, if you don't already subscribe PLEASE do so at
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Thank you all VERY MUCH and be safe!

Gary

BREVARD AHEAD

BREVARD LIVE

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Top Photo: NASA astronauts Doug Hurley and Bob Behnken familiarize themselves with SpaceX's Crew Dragon, the spacecraft that will transport them to the International Space Station. Photo: NASA



Right Photo: The Crew Dragon spacecraft for the Demo-2 mission is at Cape Canaveral being readied for launch. Photo: SpaceX

First Crewed Space Mission Since 2011

A decade in the making, NASA and SpaceX have set May 27th as the target launch date for the first crewed space mission to launch into orbit from U.S. soil since the retirement of the space shuttle in 2011.

NASA astronauts Doug Hurley and Bob Behnken, two veterans of the shuttle program, will ride SpaceX's Crew Dragon spacecraft into orbit on top of a Falcon 9 rocket from pad 39A at NASA's Kennedy Space Center in Florida. That's the same historic launch facility used by the last space shuttle flight. Liftoff time on May 27th is expected to be around 4:32 pm EDT (2032 GMT), when the Earth's rotation brings the launch pad under the orbital plane of the International Space Station.

"Once in orbit, the crew and SpaceX mission control will verify the spacecraft is performing as intended by testing the

environmental control system, the displays and control system and the maneuvering thrusters, among other things," NASA said in an update. The Crew Dragon will fire its Draco thrusters to rendezvous and dock with the space station the day after launch.

"The spacecraft is designed to do this autonomously but astronauts aboard the spacecraft and the station will be diligently monitoring approach and docking and can take control of the spacecraft if necessary," NASA said. Assuming a launch May 27th, Crew Dragon will dock with the space station at 11:29 am on May 28th.

Hurley and Behnken are training for the test flight, designated Demo-2, and are expected to live and work on the space station for several months. They will undock and return to Earth for a parachute-assisted splashdown in the Atlantic Ocean east of Florida.



Remembering John Prine

By Matthew Bretz

Last June, at Bonnaroo, I was watching the one and only Jim James perform when he suddenly stopped the show and asked the audience to indulge in silence for a minute. Across the field, on another stage, his hero John Prine was playing a set. James expressed a little disappointment that he was scheduled to play at the same time and asked everyone to listen hard and see if we could here Prine where we were. We could. It was a touching moment in living tribute to a great American singer/songwriter.

We recently lost John Prine to the pandemic and his death will add to the long list of changes we will all have to come to terms with as the Corona virus runs its course. In the same week we lost Prine, it was announced that Adam Schlesinger of Fountains of Wayne was lost to the virus and Jackson Browne and John Taylor of Duran Duran had both tested positive. It's a scary time as no one is exempt...and that includes the music world too.

Born in 1946, John Prine grew up in Illinois. He picked up the guitar at 14 and attended the Old Town School of Folk Music in Chicago before serving in the Army in the early 60's. When he returned he went straight

back to the folk scene where he was discovered by Kris Kristofferson and film critic Roger Ebert. Very quickly John's hobby became his profession and overnight he was performing in clubs across the country. In 1971 Prine released his first album with *Atlantic Records* and his star took off.

Over the years Prine released a slew of albums and became known both for his humorous lyrics about life and love as well as his political and dramatic songs. John's songs have resonated across generations as unforgettable songs like "Angel from Montgomery" continue to speak to both young and old. In 1981 he co-founded *Oh Boy Records* with which he released most of his career recordings.

Starting in 1972 John Prine began receiving a string of Grammy nominations throughout the decades and even won a few including *Best Contemporary Folk Album* in 1991, *Best Contemporary Folk Album* in 2005, and the *Lifetime Achievement Award* in 2020.



Starting in the mid-'90s, Prine also dealt with several serious health issues. He had a cancerous tumor in his neck removed in 1996, successfully beat lung cancer in 2013 and had a heart stent implanted in 2019.

He was recently beginning a comeback of sorts and was out touring again. In 2019, he was inducted into the *Songwriters Hall of Fame*, the year after releasing *The Tree of Forgiveness*, his first album of all-new original songs since 2005's *Fair & Square*. The album featured co-writes with Dan Auerbach and long-time foils Pat McLaughlin and Keith Sykes, and debuted at No. 5 on Billboard's Top 200. There was even hope for more new material to come.

We will all miss John Prine in our own way. But now we will have to make do with the amazing legacy of music he left behind. Just as folk is on the rise again, we must say goodbye to one of the leaders in its first big revival.

STAY HOME, STAY SAFE, STAY CONNECTED.

THE LATEST COVID-19 UPDATES

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Stay informed on the COVID-19 pandemic by following updates from official sources. Information on the current status of local response efforts, community and business resources, prevention guides, and more are available at the City of Palm Bay's webpage at www.pbfl.org.

The Florida Department of Health has launched a helpful COVID-19 Information Hotline that is available 24 hours a day, seven days a week. Call 1-888-779-6121 or email COVID-19@flhealth.gov for assistance.

BUSINESS RE-OPENING NEEDS SURVEY

In anticipation of a phased re-opening of business and industry, the City's Community & Economic Development Department would like input from the local business community. What do you see as impediments to re-opening your business? How can the City and other local resource partners better assist to eliminate challenges to re-opening?

Please share your questions, concerns and recommendations on restoring our local economy by completing a brief survey. Businesses can access the re-opening needs survey by visiting www.developpalmbay.org/reopen.

The City offers up-to-date resources for local businesses impacted by COVID-19 and has developed a Business Resiliency Toolkit, providing guidance for navigating the current economic crisis. Business resiliency planning can help to mitigate the impacts and disruption of disasters like COVID-19 and allow businesses to continue to function and return to normal as quickly as possible. Visit www.developpalmbay.org to access the Business Resiliency Toolkit.

Contact the City of Palm Bay's Community & Economic Development Department by emailing econdev@pbfl.org or call (321)409-7187.

2020 CENSUS DEADLINE EXTENDED

In light of the COVID-19 pandemic and in order to ensure the completeness and accuracy of the 2020 Census, the Census Bureau has extended the response deadline to October 31, 2020.

To date, over 70 million households have responded to the 2020 Census, representing over 48% of all households in America. Census result will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location.

Help make sure that your community counts in the 2020 Census by completing your form today!

SIGN UP FOR EMERGENCY ALERTS

Register to receive AlertBrevard notifications for public safety updates on wildfires, tropical weather, hazardous materials incidents, and other critical local alerts. AlertBrevard users may select to receive notifications by call, text, or email, and sign up for alerts from the both the City of Palm Bay and Brevard County.

Visit www.embrevard.com and click "Alert Signup" to enroll and set your alert preferences.

WHISPER TO A RIOT

By Steve Keller

We have a lot of creative minds in our Brevard original music scene. A case can be made that few are more creative, and more consistent than guitarist/songwriter/producer Jason Anz. The recently turned 40 year old lifelong resident of Brevard takes his time creating, and dismantling area bands. His last band Contenders ventured on after he left slowly morphing into his latest project **Whisper To A Riot**. One thing is clear; Anz is never quite done with music.

In an uncertain time of the Corona Virus, Anz and his Riot cohorts, longtime collaborator Jack Floyd along new recruits Bonnie Harrington and Mike E Styx find them themselves in Anz's garage studio. It is the *Space Coast Quarantine Fest*. What was to be their live debut last month became a live streaming broadcast instead introducing their music in front of people. "I never stopped writing after Contenders. I just wanted to go in a different direction, musically. Within a month of leaving, I had already written 3 or 4 new songs for Whisper To A Riot. Well, sort of," Anz tells *Brevard Live* about 3 weeks after the broadcast. "The band that played at Space Coast Music Fest isn't the same band. I rushed to get something launched for the SCMF, so Jack and Jeremy (original Contenders singer and drummer) were easy recruits. We brought in (former Mad Martigan band mate Eric Nyman) on bass, just to get us through the fest. After that, Jack switched to bass, and we started looking for a singer."

Mad Martigan, another Anz creation along with Nyman drummer Adam Jurewicz was on the scene playing shows until it wasn't. Like any

creative venture, things happen that can derail a project until the next one comes together.

"Bonnie sort of fell into our creative laps," Anz recalls concerning his latest venture. "She was looking to join a band right when we were looking to find a vocalist. She was a perfect fit. After that, life got in the way, and Jeremy left the band. We brought in Mike E Styx (ex Nightfly) on drums, so only Jack and myself remain from Contenders."

Anz is a born leader but knows how to recognize talent. Floyd's vocals in the Contenders are reminiscent of alt rock such as The Jayhawks or an upbeat Tom Waits. "Jason and I have been jamming together for a long time, so we sort of know what spaces to fill when we collaborate," explains Floyd. "We auditioned a few bassists but no one really meshed. I'd been speaking to a couple of people about coming in to sing for us and had been interested in picking up the low end. I think the end product of this project has exceeded expectations."

"Transitioning was simple," Anz answers when asked about changing from a male to a female voice. Bonnie is the lyricist." The first song Whisper To A Riot released, "Get It Right," put an end to any doubt of growing pains. The band didn't scrap ideas pre Harrington though either. "We only had one song that was lyrically set in stone when she joined ("Never The One," lyrics were written by Jack), so that one took a little bit of messing with until it sounded right with Bonnie," Anz explains. The rest, they say is history...

Being that this is a relatively small music community, Anz had known Harrington much longer than he has shared the stage with her. "I met her on her wedding day" (*laughs*), he recalls. I've

been friends with Andy (Harrington, her husband) for 10-ish years. I've seen and heard her perform a bunch. I was actually trying to book her in the studio shortly before she posted on Facebook that she was looking to join an original band. I asked if she wanted to be in a loud-ass rock band, and she said yes. She came and auditioned two weeks later. After the first song I asked if she wanted the job." The results are unlike anything that is going on in Brevard at the current time. Even the video for "Get It Right" (submitted to WFIT's Garage band contest) catches your eye. Think Alabama Shakes meets Black Sabbath. Harrington's jazz and standard experience somehow makes sense in this project. "She brings a sweet soulfulness to the tunes," Anz confirms. "And her lyrics are real and from the heart."

Whisper To A Riot, the name is a line from one of my favorite Foo Fighters songs ("Walk"), is the latest creation in a long time of musical endeavors. "Oh jeez," Anz responds when asked about the name of his first band growing up. "I don't remember what we were called. I was in high school, so maybe '96/'97? We used to cover stuff like Stray Cat Strut, Wonderful Tonight, Patience, It's The End of the World As We Know It. We were absolute shit. I wrote a couple originals for it as well. They were also shit. It ended because my bassist was super obsessed with our drummer, and she got creeped out by him." Eventually, an after school hobby turned into career aspirations. "I was real determined in my early 20s to get something going. Played with a lot of post-hardcore guys, but it never quite felt right. Then I ended up with a kid, and spent the next few years just writing and recording songs for myself."

Recording his own music as well as for others raises Anz's stock in the music scene. Again growing out of just a hobby has afforded him the ability to learn while he goes as well as catching the attention of his musical peers.



Whisper To A Riot are Mike E. Styx, Bonnie Harrington, Jack Floyd, Jason Anz

“I recorded Mad Martigan, an EP for **No Diving**, an EP for **Matt Rosman**, and all the **Contenders** stuff in my garage,” he recalls. “A couple years ago, I heard that Mark Brasel needed some help over at *The Zone* (Productions) and gave him a call. I came out, learned their setup, and have been working there since. I’ve worked with a few good bands there; NeverEnder, Beneath The Bell, Attika, Fields of Saturn, Paper, and some others I know I’m forgetting.”

Jason’s colleague and *Zone Productions* co-owner Thomas Gaynor concurs. “He is one of our head engineers and has added so much to our business here,” he says. “He has very many technical, as well as creative skills he brings to the table. He has consistently worked hard at developing our business and our integration of new gear and processing. And development of new clients.” Anz does draw the line when it comes to combining his two loves. “Recording and mixing another band is easy. Recording and mixing your own band is challenging,” he admits. “I usually try to call in an assistant engineer when it comes to tracking my guitar parts. It lets me concentrate on what’s important. Mixing my own stuff is always difficult. It’s so easy to start nitpicking every little thing. When I get too involved, I shelve it for a few days and come back with fresh ears.” Gaynor in addition to owning *Zone* can be found working all over the

country for national recording artists is a fan of Anz’s music.

“Jason is also a very accomplished musician and bench tech as well as a solid family man,” he says. “Whisper to a Riot is an amazing group of super talented local musicians! We are very stoked to have him on our staff and look forward to many more great projects that Jason brings.”

At press time, music venues are still closed. Bands continue to get creative online by performing concerts and encouraging people to buy merchandise and donate money to the bands. Anz has essentially seen it all around here. His take? “We have limited time on this rock,” he begins. “Statistically at 40 I probably have less years ahead than I do behind me. Music helps me not think about that.”

Music has definitely helped all involved in these crazy confusing times. Still there is a rock star dream inside every musician, as small as that flame could be. “An ideal situation is just an open stage for us to play on. I think our music speaks for itself,” concludes Anz. “I’m more proud of this band and the music we’re making than any other band I’ve been in. We did 30 minutes for the *Space Coast Quarantine Fest*. We have another 15 minutes of original music and one cover we’re working on.” When asked for a parting word, the ever stoic and clever Anz deadpans “Wash. Your. Hands.”

THE SHUT DOWN!

It was the first day of Spring, March 20th, 2020, when the State of Florida shut down all its restaurants, night clubs and music venues. It was the day the music died! For a moment everyone was stunned, followed by a moment of new-orientation which triggered a run for TP (toilet paper) and the introduction of a new kind of hoarder - the TP Hoarder. A couple of weeks later, lo and behold, the empty shelves in all grocery stores proved those folks to be smarter than those of us who had belittled them... "What idiot wants to hoard TP?" There were empty paper towel isles, a weekend of ground beef and chicken shortage in regular grocery chains. And there was a new rule of restrictions. The sign "Take Two" no longer announced a sale. It was "ONLY 2!" Rationing, imagine that! While most people started preparing for the announced 30-day shut-down at home, local businesses had to think about how to survive a time without income, figure out what is essential and what not. Bartenders, servers, musicians, the entire entertainment industry became non-essential.

Today is April 20th, one month later since the shut-down of our private sector in the hospitality and music industry. It looks as if the State is starting to open slowly during May. *Brevard Live* talked to club- and restaurant owners to find out what we can expect when the doors open again.

Lou's Blues that has been known as a venue with live music 7 days a week will open as a restaurant to comply with all State rules. Owner Michael Pauline has used the shut down for renovations: "We replaced the bar and redid the floor," he announced. "In a few days we can open for to-go orders, and when times come that we can open a dining area, we have the great deck outside." Michael has strong roots in the food business and improving Lou's Blues menu has been one of his goals. With a new and fresh look and an exiting and affordable menu, you might enjoy discovering the culinary side of Lou's Blues before the music will start again. The restaurant will be open from 11 am to 9 pm. Most likely you will see your favorite server again, as Michael has tried to keep everyone's head above the water.

Cantina Dos Amigos kept the dining room closed and the doors open for to-go orders. "This restaurant has been around for a long time and we have our regulars," said owner Jeff Day. "But we were amazed how wonderful and generous our customers treated our servers. Our patrons sup-



While big brick and mortar business was ordered to close in March/April, the food truck vendors were kings.

ported us all the way through." Dos Amigos proved itself a local favorite, an essential restaurant that people do not want to give up. Jeff and his staff are grateful and happy. "We look forward to a big party with our friends once we are able to open up all the way."

Earl's Hideaway in Sebastian continued its food and package sales. Mostly known for its Sunday concerts with lots of famous touring bands, Earl's has earned a "good food" reputation all along. Getting a tasty sandwich, a mouth-watering burger or the world famous pizza is not just some meal; you also got to ride up to Earl's, enjoy the beautiful view on the Indian River, listening to some music in your car while picking up your order. Second best thing to... you know what.

The Key West Bar closed Mid-April and owner Kelly Beckstrom started remodeling. "I wanted to do this for a long time," she told *Brevard Live* on the phone. "This seemed to be a good time." And: "You should come and check it out." Kelly's upbeat personality is a firm assurance that the strong survive with a good attitude. Nothing, absolutely NOTHING can keep Kelly down. "We will open when we can."

The King Center!!! After a year of renovations Bre-

vard's number one stage was ready to open up with a series of concerts and shows. The last time we spoke to Marketing Director Autumn Shrum she was busy canceling shows, refunding tickets. Next step - re-scheduling, and some of the shows already have another date. Ricky Lee Jones who was canceled in April is now scheduled for Wednesday, July 29th at 8 pm. Look at the full schedule at www.KingCenter.com.

Cocoa Beach **Sandbar Sports Grill**, famously known for parties and live music, shut down and began a spring cleaning. Beginning April they were open serving everything to-go, from their famous fish tacos to their infamous hurricane cocktails. Owner Drew plus crew seem to keep the fun going as documented on their Facebook page where you find the menu and phone number (or look on the back cover of Brevard Live). April has always been a party month for the Sandbar featuring the annual Space Coast Love festival with 6 bands. "It will be a slow opening, but we will be there and ready to go. We're waiting for the Governor's guidelines," said Drew.

Nothing shows more community spirit than people helping each other. **Siggy's American Bar** was one of three Palm Bay restaurants teaming up to serve 456 meals to workers at Health First Palm Bay Hospital on April 14th. Together with Family Tradition Cafe and Yellow Dog Cafe they donated and handed out the food and dessert to the employees. A second delivery of meals arrived at the hospital to feed the night shift. Amy Sigafoos: "It's our way of showing we appreciate healthcare workers heading to the front lines of the crisis everyday." Siggy's is planing its 30th Anniversary party on Memorial Day weekend. "We usually celebrate in April," said Amy who opened the doors after a week of deep spring cleaning. They served food and drink curbside from 11am to 9pm.

Carroll Distributing Company has been serving our community since 1960. They have been delivering beer and other libations to local stores, bars and restaurants. They handed out water during the hurricanes, and now when local bar and restaurant workers were laid off due to coronavirus, Carroll Distributing did not hesitate to step up and offer a free Easter dinner for anyone in need. 3,000 meals were shared with fellow members of the community they call home.

While the venues were preparing to open up for business in May, there was little information about live entertainment. One step at a time. After all, clubs hire musicians to draw bigger crowds, and that is still frowned upon in the time of social distancing. That leaves all of our local performers out in the rain. Considering that quite a few musicians make a living by playing their music in local clubs and venues, this quarantine is a true tragedy to their livelihoods. Music lessons via computer screen and online performances with

virtual tip jars are not what you call "LIVE" music. We will find out how the local entertainment and music scene will be impacted in the future.

While at home performer Jack Smink who is known for his world-class Elvis tribute shows decided to grow a beard - and posted his new look on Facebook. So, if you have never seen or remember Elvis with a beard, here he is! Jack wants to know, should it stay or should it go? Contact him on Facebook, we're sure he'll be glad to hear from his fans.



Empty meat counters, empty TP aisles durinh April



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The Column

By **Chuck Van Riper**

I'm Running Out of Goose Necks!

Firstly, I hope everybody is making it through the apocalypse ok. I hope everybody is staying safe and healthy. Remember, we are the first batch of people in history to experience “Social Distancing” on a world-wide level. As I like to say, “six feet apart or six feet under, the choice is yours, but you gotta wonder.” That’s all I have so far in my Apocalypse Rap song, maybe some of my musical friends can help me out here. Anyway, moving along, now..

Let me preface the following diatribe by saying that, for me, the past week’s self-quarantining consisted mainly of analyzing some of Shakespeare’s Sonnets to facilitate some calligraphy projects I’m working on, so comparatively, the following drivell is quite the dichotomy of literary styles. I’d like to discuss what will become...The great paper caper of 2020. That’s right, TP, bathroom tissue, butt wipes, toilet tissue, well, you get the idea. Let’s start with some history first because I’m sure all of you are dying to know the history of toilet paper.

Well, to start with, it was first invented in by Joseph Gayetty in 1857. His “medicated paper” consisted of sheet of paper coated with aloe. They came in a stack, not in a roll. For 50 cents (about \$12 dollars today) you could get a pack of 500. This wasn’t very popular at the time because before the advent of indoor plumbing, therefore indoor bathrooms, people were used to using whatever was at hand, so to speak. Depending on where you lived, common TP substitutes were corn cobs, leaves, water from a stream, apple husks, sea shells, hay, or whatever else was freely available. In Europe, wealthy people used wool, lace and get this, “the neck of a goose that is well downed”. Of course, there were the Sears Catalogue and the Farmers’ Almanac for the literary types. At one time, the Farmers’ Almanac came with a whole punched through it for hanging it up expressly for this purpose. Then in 1867, the Scott brothers started selling plain old toilet paper described as “somewhat soft paper, sometimes with splinters!” Wow! Of all the places to get a splinter, that would be one of the worst. Over the years, obviously, the art of toilet paper

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has greatly improved, and we have the many variations that we're used to today. You got your single ply, double ply, triple ply, quilted, non-quilted, colored, some with designs on it, some plain, etc. Which brings up another question: When did society become so opulent that it necessitated so many ways to wipe your butt? I mean there is a difference in the paper at the Walgreens bathroom and the Hilton bathroom. It's the same with the paper towels. But if the Hilton downgraded their bathroom tissue to Walgreen's level, would it stop you from taking a crap? I think not! I usually buy the cheapest biodegradable recycled rolls, preferably quilted with a flower print. Which brings me to my main point here.

STOP HOARDING TOILET PAPER!! I just don't get it. I really don't. All the talking heads are out there screaming "The apocalypse is coming, the apocalypse is coming!" and your first thought is "Well, I better get a truckload of toilet paper then." Really?!?! I thought for sure vodka, cigs, weed and steaks would come in way ahead of toilet paper. But noooo... You do realize, don't you, that if you just shop normally, the stores would never run out of toilet paper and you could get it whenever you want, don't you. That means everybody could have toilet paper, as much as they want, FOREVER! I still have four rolls left from the last time I bought toilet paper. That was in January! How much friggin toilet paper can you use? What are you going to do with a garage full of it? Sell it on the black market? I guess you could save some for Halloween. Perhaps you could take a few cases and macramé it together and create some hippy wall art. Maybe when the next hurricane hit you could use them instead of sand bags.

I just think, to quote the Beatles, "all you little piggies" who are hoarding are being just plain inconsiderate to the rest of the community. Again, if we just shop normally, there's plenty for everybody. I can kind of understand cough suppressant and handi-wipes being sold out, but toilet paper? Let's say you bought a couple of cases with 25 rolls in each case. And let's say you take a laxative twice a day. I'll bet you could sit on the crapper 12 hours a day for months and still not use up that much toilet paper! So, please, for the sake of the rest of the community.....

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Matters of Quarantine And Other Discussions with my Dog

By Matthew Bretz

Quarantine is affecting everybody differently and at the same time very similarly. We all have our various situations to contend with and navigate, but essentially we are all going through the same thing. Our lives are on hold and 'netflix and chill' really does now actually mean to watch TV.

If you are like most of us you have just about exhausted everything there is to offer on television. I actually left mine off for about a week. Every time I even looked at the remote control I got de-

pressed and just left it off. Even with all of the nice little things the streaming networks are offering the public right now, there still isn't enough stimulation to keep that old brain clicking along. Books, YouTube, projects, and recon hunts into the abyss for toilet paper have become the height of excitement for the time being.

If you are really lucky you at least have other people in lockdown with you. I have been stuck in solitary confinement with only my dog and cat to talk too. And yes...oh yes, I am definitely talking to them. What started out as short, cute little comments like "good girl!" and "let's go outside" have evolved into full blown philosophical conversations about the origins of man's emotional quotient. So far the dog is winning. Honestly, I believe I am beginning to lose some of my interpersonal skills as I also talk to myself a lot more than I used too.

I can't imagine what this would have been like in a different time than we live in now. With technology where it is we are pretty set up to live in seclusion. This morning I ordered my breakfast on a phone app. An hour later I received a message that the food elves had stealthily left it on my front door step. Sure enough it was there. I ordered, received, and ate a hot breakfast without ever talking to or seeing

another living person. What a time to be alive!

Last week shit got real...I was down to my last roll of toilet paper. Then a friend put me in touch with a guy that knows a guy that has a hook up through a restaurant distributor. Suddenly I had toilet paper and access to actual steak if I wanted it. That's right...there is already an underground system to get toilet paper - if you know the right people that is.

All joking aside...quarantine can be hard but it helps to know that we are all in the same boat. It won't be forever, so try not to let it get to you too much. A lot of couples and families I talk to are beginning to get on each other's nerves and fight a lot. This is normal. You don't usually spend this much time together. But, when it starts to go that way just remember how lucky you are to have this time with your loved ones, because soon enough you will be back to catching glances of each other as you rush off to your next appointment. And if that doesn't help than think about ol' Matt over here debating politics with his dog. Stay safe, and we will see you soon!



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By Steve Keller

LOCAL LOWDOWN

Print media is a funny game. Last month as we were finishing the April edition of Brevard Live, life ceased to be as most of us had known our entire lives. Here we are a month later; working from home, making hastily short trips to the grocery store. With all that said, we prevail. An inconvenience at best, we could be a lot worse. Anyone that knows me knows this; I'm not a half full/half empty guy, I'm just grateful to have the cup. So let's celebrate our scene like we do month in and month out. Let's go...

I tip my hat to the movers and thinkers of this town. It was late March and the quarantine was in its infancy. Musicians of this fine Space Coast developed not one but several online outlets on Facebook to feature local music. The *Space Coast Quarantine Fest* spearheaded by Matt Corpiel had such diverse performers as O'Hichidhe, Ektogasm and a 3/4 song performance from SEED (shut down by local police for noise complaints). RezPro also put a lot of effort into their performance space. Todd Charron, known for such

local heavyweights as Super Swamper and The Belladonna Project launched *The Isolation Station*. "The name came to me with the idea to do the high quality (not just from my phone's camera) live acoustic showcase videos at the same time. It was just a perfect match right from the start," he tells us.

"It was ready to go in two days. I already had some gear available and borrowed the rest to get it up and running. I really wanted to move quickly with the possibility of the lock in looming on us all." As we all know the impending lockdown did happen last month but not before a slew of great artists and hundreds of music fans from all over the world participated. "I expected a few hundred Facebook group members total. Then to see it turn into over a thousand members in less than 24 hours really blew my mind! Now it's over 2,500," Charron informs. "We squeezed Alana Chuyan and Shain Allen Honkonen all into the same night with Matt Adkins from the originally scheduled Friday and Saturday slots up to Thursday night before the mandated change. I think about how our online society has really made the world a smaller more intimate place. It's amazing that people in Australia, Ireland, Canada and many other parts of the USA are "tuning in" and watching our Space Coast artists perform." As I remarked that 'something good coming out of all of this', Charron replied "the intention from the beginning"...

While we now have your undivided attention, in between bingeing Netflix and Makeup tutorials on You Tube, here are some bands you may not be aware of. "Hey Steve, sorry for the late response." John Archibald is primarily known for his

bands **Dirty Poodle** and **DEET**. I caught up with him almost a year ago and somehow it fell through the cracks to be included in the column. Here's the always entertaining singer/drummer in his own words. "The latest band is **Trans Flag** at this point we have about twelve songs most of which are covers and four originals. The lineup is myself on drums and vocals, my wife Gina Tay on bass and Kelly Ann McGuire on guitar. As far as the covers go, we are kinda all over the place. We do "Hello There" by Cheap Trick, a couple Husker Du tunes, some Minor Threat as well as a Circle Jerks cover. I am still playing drums with Black Planet as well, which is a surf inspired group with Amy Celeste on bass Robert Fox guitar and vocals and Gina Tay on keyboard. And of course, still fronting DEET. Also recently had a great time playing drums again with the Green Goblyn Project!"

I'd be remiss if I didn't give some more details on a project I've been a part of since December of last year. After a **Best Supporting Actor** gig at Siggys (a phrase I'd never thought would be spoken) I had a sit down with DJ Chris. Pleasantries were made and a promise to talk more about musical projects. Irony of this story is that al-



most 19 years in this town, myself and Chris aka Chris Long of **Dead Serios** (photo) had never really spoken. Now I found myself in a rehearsal room with Chris, Chuck Lazaras (Boney Fiend) and Glen Anthony (Attika). I think part of the charm and intrigue and playing music together is that I hadn't really heard any of the Dead Serios and **Geezer** stuff. Now I'm hooked. We have only played two shows so far; Rubix Café and Sigfest with many more set for this summer. We'll also have a much larger feature on the band and the man himself DL Serios in the not so distant future...



One man who is very familiar with the band GEEZER is drummer **Tommy Craig** (photo). The *Lowdown* caught up with him while he awaits to reunite with the Pat Travers Band and getting back on the road. "Soon we will begin recording new PTB record that was put on hold due to the apocalypse," he says. "I have time now to write and work on some tunes of my own I haven't touched in far too long. Maybe I'll record those soon. I watch *YouTube* guitar lessons to hopefully get my playing a notch above hideous." For those who know or follow his social media, Tommy hangs with his 'Mama Unit' when he is not touring. "It's a major deal for mom as my sister and I take care of her. We are so

extra careful with everything. She has mandatory doctor appointments this week so those can be a little sketchy. She was afraid to go outside amid this current situation but everything has been going smooth. The doctor offices had the whole procedure under control. Creepy times right now." Craig stays in touch with his fellow touring musicians; an industry that is still completely shut down at press time. "EVERYONE is in the same boat," he explains. "Most all my friends are using the time to write, practice, exercise and basically be as creative as possible. Or go nuts and proceed to have a prolonged drinking festival."

I'd like to take this opportunity to honor those musicians who have passed away from this awful disease. Taking nothing away from the thousands who have perished worldwide, this time has shown us that even "Rock Stars" are human too. The great **John Prine** died from complications last month at the age of 73. Without him, most of folk and country music would cease to exist. You'll be able to go online and find a performance that was never aired in 2016 when he appeared on the Late show with Stephen Colbert. In a eery moment of foreshadowing, Colbert remarks 'we'll probably do this for the internet unless something terrible happens and we need to cheer up the world on the tv show.' Prine's work has lasted the test of time and continues to influence popular music to this day. One loss that has hit me incredibly hard is Fountains of Wayne songwriter/bassist **Adam Schlesinger**. He was 52. Terribly underrated except for the one hit wonder esque "Stacy's Mom", his song library is top notch. I could rattle off dozens of songs to check out, but will just say his contributions to stage and screen (he was nominated for an Oscar for writing the theme to "That Thing You Do") are unmatched for a bunch of guys from New Jersey. Both Prine and Schlesinger will be missed.

Going to try to end this month's column on a good note. As we are seeing in the news, many are listening to experts and are social distancing. We live in a world where mass communication is at our fingertips. We shouldn't be defying warnings because we are bored and lonely. We will get through this. Many have already gotten through this all across the world. Empathy is in full force and "together apart," we can make a difference. As always, I'm just an email message away at keller5@hotmail.com. Til next month Brevard, and all the living that comes in between.



Watch First Virtual Melbourne Art Festival All May Online

For the first time ever the Melbourne Art Festival is going virtual! After the decision was made last month to cancel the public event originally scheduled for April 25-26 in Wickham Park, the festival decided to go to digital. The virtual festival will launch on Facebook, Twitter and Instagram April 25th & 26th and will run through the end of May. Visitors can view and purchase local artists' original works, stream live performances and video interviews straight from their couch.

What better way to support the community of local artists at home? The festival will showcase some of the over 220 artists from around the region who were juried in to participate this year. There will also be pictures and videos from previous shows and surprises. www.melbournearts.org.

Spotlight On!



Todd Charron and The Isolation Station Studio

By Matthew Bretz

The pandemic, and subsequent “shelter-in-place” quarantine we are all under, has hit working musicians, and anyone who makes their money in entertainment, like a bomb going off in our bank accounts. With a flick of the governor’s tongue all of our gigs were canceled and our savings...if any...immediately began to bleed. I was actually on my way to the last gig I still had when the governor issued his order for restaurants and bars to close. It’s been tough, and as I write this we still have no idea when or if our industry will begin to get back to normal. When will the venues open again? Which ones won’t ever open again? Even after they do...when will they have music again? It’s all up in the air.

While most of us sat back feeling deflated and began to worry, some of us immediately took advantage of the internet and began to play free shows for anyone that wanted to watch. Across the globe huge artists began to play sets from their living rooms. Superstar DJs began hosting virtu-

al dance parties online. One local musician, Todd Charron, was inspired by all of this and decided he could do something similar and maybe even help musicians in Brevard at the same time. Within days Todd had a studio put together and began broadcasting performances by local musicians from what he called The Isolation Station Studio. His innovation and quick thinking was an attempt to help an immediate problem and definitely deserves some credit. That’s why this month the Spotlight is on Todd Charron and The Isolation Station Studio (ISS).

Todd Charron is a well-known drummer in the area best known for his decade or more with the infamous Katty Shack and now the Belladonnas. Todd and his beautiful wife recently moved from their beachside bungalow to a condo where is living the resort life, but he still needed a place to play drums and as he puts it “listen to the stuff I wanna listen too loud” so he found a 20x20 warehouse he could run to when he felt the urge.

As soon as the venues were forced to close Charron’s brain started working. He knew local artists would be hurting and he wanted to help. Before long the ISS was born. Already a capable sound man who speaks equipment-ese, it wasn’t a stretch for Charron to beef up his electronic quiver and put together a functional “television studio” in no time at all. Together with Cody Harrington on camera and Mike Parsons taking the role of Informational Director the ISS was in gear. As soon as he was up and running, the word went out and his show was booked out for weeks. Suddenly viewers could tune in online and watch live sets by some of our local musicians in a very relaxed, laid back setting. But he didn’t stop there. Charron set up various ways viewers could tip the artists as well—helping artists pay their bills doing what they are good at. Then they ran into problems with internet bandwidth and it became obvious he already needed to evolve. So, he contacted his friends at The Zone Studio and Rez Pro. The Zone agreed to let him broadcast acoustic acts from their facility and Rez Pro, who has a full stage set up, agreed to let him broadcast full bands. The ISS was about to a lot bigger. Then the governor issued a full lockdown.

“When the governor issued the lockdown order I wasn’t going to stop the show at first, but then I talked to my mother.”

Todd’s mother, like a lot of ours, is in the high risk category and was really worried about the virus.

“Talking to my mother made me realize I needed to respect the rules for the sake of my mother and everyone else. I didn’t want too, but I felt it was best to shut it down. My philosophy is always family first. And yes the Brevard scene is my family too, but this was my mom.”

The ISS was only able to showcase 9 performances before

the governor issued a full lockdown, but it brought in over 3000 dollars in tips for the artists. By the time the final order went into effect viewership was steadily growing and had reached a few thousand followers. Todd felt defeated, but he knew he had tapped into something.

“My favorite part of the show was that so many people, not just artists, wanted to be involved. During a show viewers could chime in with comments and they did. That guy who always yells “freebird” at shows does that because he’s having a good time, loves where he is in that moment and wants desperately to be a part of the show. It’s the same vibe and response were getting from people. They were into it.”

Todd thought that was the end until a friend suggested he hold a battle of the bands. He immediately thought that was insane. But then his mind started clicking again.

“My first question was--How the hell am I supposed to do that? Even without a way to do it I really don’t believe in art contests like that...I didn’t want to make my friends compete with other. But it got me thinking about all those reality TV shows like American Idol and how people love to watch and route for their favorite performers.”

Before long he had a new plan. He would hold a contest of sorts, but the prize wouldn’t be money or a trophy. Instead the prize would be focusing attention on local talent of the Space Coast and everyone would win. This is his plan.

Instead of performing in a studio, he will showcase one song videos of the artists playing live that they shoot themselves at home. Todd wants to get together 20 to 25 solo or duo acts to participate with a mix of vocal and live instrument performances - meaning no prerecorded tracks. Each group will be randomly assigned to a team named after a local venue or organization that has always shown support for local music. Every broadcast will showcase one team of performers and viewers can vote for the performance they like the best. The scores will then be tallied to see which team wins. Todd is very clear that there will be no judges or recalls about results.

“I’m not trying to be Simon Cowell up there. I’m not setting this up so someone can be critiqued and judged... screw that! The winner will be decided like our President - by popular vote. Participating performers are allowed to promote all they want if they really feel the need to win, but ultimately it’s not about winning anything; there’s no prize.”

After the winning team is chosen, the artist with the most votes from each team will be put into a super team with the other winners. So, what happens then? Charron has a few ideas.

“I’ve been talking with online friends around the world sharing videos of our local artists and no one seems to be doing this. So, I’m thinking once we have our super team, why not

use the internet to go outside Brevard and show what we have down here. Who knows, maybe we could go up against other cities around Florida or other states. Why not even places in other countries? I could see the Space Coast going up against Perth, Australia. It’s not a contest so much as a way to get some attention on the amazing talent this area has and get people involved in something positive.”

Charron says he is going into this with no expectations and just wants everyone to have fun and do their thing—whatever it is. Performers are welcome to promote themselves in a number of ways and he will even run their Venmo and Paypal accounts, or any other site they wish, at the bottom of the screen during their showcase if they want. He isn’t taking anything for himself except the satisfaction of a job well done. In a time of uneasy living and daily bad news, one man decided he needed to do something for his Space Coast musical family and instill some hope that things will eventually get back to normal and we will all be playing again soon. I can’t speak for everyone, but I personally thank you Todd Charron.

If you would like to participate in the Isolation Station Studio contest film yourself doing one song on your phone, etc... and send a download link to IsolationStationStudio@gmail.com. Do not send actual files. The easiest way is to set up a Youtube page for yourself and upload your video there. Then you can simply send Todd the download link. The soft deadline right now is set for the 2nd weekend of May, but as Todd says “We ARE dealing with musicians here.” He was also sure to tell me that what you just read is the plan for now, but absolutely everything might change so check back at the Isolation Station Studio Facebook page from time to time for more information.





Quarantine Day: OMG, I Lost Track Days Ago

By Bill Stanley

Finding Inspiration When You Least Expect It

I want today to be a day you are inspired. However, there is a small catch. The inspiration you seek may not come from the place you most expect. Especially these days as we sit in quarantine day 20 something. As I stream, God only knows, how many movies since the Governors stay at home order, I am richly reminded of how inspiration works. It has really nothing to do with some big moment. It really all boils down to waking up each and everyday. No, seriously, that is the answer. If I am awake, not only does my life have meaning, but it has the ability to be inspired and also inspire others. Robert McKee, author of *Story* says, "Life is chaotic and meaningless, and you have to find your meaning. You must find the answer, you can't just live. That's the point of the story: helping you find your meaning in life."

Be Aware Of Your Surroundings

Like McKee, I believe finding the right inspiration involves a little work on our part. I don't think we can sit around waiting for inspiration to come. It isn't just writers and artists who struggle to find meaning or inspiration. We all struggle from time to time. This might be why hit songs like Simon and Garfunkel's, *Sound of Silence* or Chicago's, *25 or 6 To 4* have resonated so well for decades with many fans. These songs are about song writing and finding inspiration when you are stuck in a writers block. Both songs share lyrics pertaining to their current state and

even describe what they are seeing as they are trying to write. We have to be aware of our surroundings. We might not realize the inspiration we seek was right in front of us the whole time. So before you jump ship on your job, marriage or childhood dreams, realize the inspiration might be right in front of you. You have to go get it and embrace what is already yours.

Be Aware Of Others Around You

Last year I was sharing a series of talks in the St. Louis area. One afternoon after following my key note talk, the host asked the crowd how they had been inspired and if they would like to share it with the audience. This particular crowd happened to be high school students and for anyone who has worked with teenagers knows asking them to speak publicly is like handling live explosives. You just never know what is going to come out of their mouths. A young lady rose to the occasion, raising her hand and taking her position on the stage with microphone in hand. She shared how she had been sitting back listening to the "noise" in her life and spent way too much time believing the negativity coming from many, some of them even her closest friends. She continued sharing about how she was ready to hush the haters by recognizing there are others around her who can inspire her and together they could work to find meaning. This is where it hit me, inspiration comes when we least expect it and especially if we are actively pursuing it.

I was actively trying to inspire others and in turn, was inspired by another. I was inspired more than any one was inspired by my talk. In just like 2 and half minutes she inspired us all. What really motivated me was she was ready to be the person she was destined to be. This was a young lady who had been told she wasn't talented and didn't have much to offer. She had made a decision to rise up and be inspired. She wasn't going to sit back anymore and allow the world to tell

her she wasn't worthy. She was telling her story. The more she tells her story, the more she'll realize there are those who need to hear it and want to hear it. The more the story is heard, the more she herself will be inspired. Afterwards she admitted sharing it was as much part of finding her meaning as it was being inspired to share it in the first place. When you realize it the least someone or something can walk into your life and inspire you.

Meaning Inspires Meaning

Let's be honest. These days really suck right now. There is no other way to say it. Finding meaning through all this is a premium for sure. As you read this, I know it can be difficult to make sense of all this craziness. So what are we to do? Where will inspiration come? Well, McKee says write. If you are a writer as he is, then write. If you are a lyricist, then rhyme. If you are a painter, paint. If you are a father, then father. If you are a friend, be a friend. The meaning you seek, might come in the work you do, especially when it involves helping others find meaning. So if you are stuck at home, get up today, shower and put your best foot forward even if it is still six feet away from everyone you know. Use social media to tell your story. Share funny memes or tell us what craziness is going on in your home during the quarantine of 2020. Meaning inspires meaning and I assure you, inspiration will come when you least expect it, if and only if, you are actively pursuing it.

McKee profoundly states in his book, *Story*, "Write everyday, line by line, page by page, hour by hour. Do this despite fear. For above all else, beyond imagination and skill, what the world asks of you is courage, courage to risk rejection, ridicule and failure. As you follow the quest for stories told with meaning and beauty, study thoughtfully but write boldly. Then, like the hero of the fable, your dance will dazzle the world."



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Health In The
Time Of Corona

by Richard Hendry

I love facts, they make things easier to understand. Past the horrifying numbers of infections and deaths around the world – there is the mass media attention and constant fear news that is clouding the mind and drawing our attentions to thinking that nothing will ever be OK until we have a cure. The facts are that this novel virus (as in new – we have not seen this one before) is part of a larger grouping of viruses that have been with us for a long time. It's a new version but only one in a long line of them over the years. I'm not sure if that is comforting to know but it's important.

Coronaviruses are a group of related viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that can range from mild to lethal. Mild illnesses include some cases of the common cold (which has other possible causes, predominantly rhinoviruses), while more lethal varieties can cause SARS, MERS, and COVID-19.

Coronaviruses were first discovered in the 1930s when an acute respiratory infection of domesticated chickens was isolated. Human coronaviruses were discovered in the 1960s. The earliest ones studied were from human patients with the common cold, which were later named human coronavirus 229E and human coronavirus OC43. Other human coronaviruses have since been identified, including SARS-CoV in 2003, HCoV NL63 in 2004, HKU1 in 2005, MERS-CoV in 2012, and SARS-CoV-2 in 2019. Most of these have involved serious respiratory tract infections. It is important to note that just because we “discovered” the family of viruses – it does not mean that they have not been with us for 100s of years. Again, not comforting but true.

Currently, we have no cure, treatment or vaccines for this or many other of the coronaviruses that we have been dealing with in one form or another down through history. And while options vary as to why these long time evils have not wiped out humanity long before now – one thing is for sure, we are still here. And we will continue to be here long after this crisis is over. The one thing that the sad and tragic numbers tell us is that the strong, the young, and the healthy have a better chance at this virus being nothing more than a mild inconvenience. And while we should all hope for a cure -we cannot sit by and just wait

for that to happen. We must act. The only question is – in what way?

The general answer to that is to emulate the groups of people that covid-19 does not harshly effect. It is a for-gone conclusion that most of the population has come in contact with this or other forms of the coronaviruses family. Yet, 96% of them do not have deadly outcomes. These people do not have some alien DNA or a special type of genes that make them immunized – they simply can fight it off. Some so well - they never have any symptoms at all. Since we are not working at the CDC or in some lab right now on a cure, it make sense that we should be working on the only thing we can to ensure that our personnel defense system is running at 100%. Shelter in place and social distancing aside – this is the only other thing we have control over.

We begin with removing things that suppress the immune system. Sugar, street drugs, smoking, alcohol, artificial foods and food coloring all lower the immune response. As do chemicals in our foods, body care products and cleaning products and air fresheners. Go clean and green!

Next we need to feed and treat the body right. Protein, green vegetables and low sugar carbohydrates 3 times a day. Clean pure water to keep hydrated and 8 hours sleep. Activity – exercise and fresh air. Watching 12 hours a day of Netflix and snacking our way to 20 extra pounds will not help anything except the virus!

We also need to increase our bodies natural defense. The following are well known for doing that; Olive leaf extract, B-12, Vitamin C, Oregano oil, Shake liver oil, Moducare and Vitamins A & D. To keep the lungs clear we can use; Mullen Oil, natural expectorants and many Clear lung formulas on the market. And for overall health of the body - we should be adding; a wholefood multiple vitamin, Emergen-C powder to your water once a day, powdered super greens, Fish oil and grape seed extract.

There has never been a more important time to be part of the solution. Following the directions for interactions and hand washing will not just make this family of viruses go away. History shows us that most of the mass killers have not been cured – we have developed immunity to them. Helping our bodies work towards that is not only smart, it's obvious!

These simply products and life changes are not hard to do. They require nothing but the will to do them. I know that looking at this as a forced vacation is tempting but this is not that. Sitting around feeling helpless and scared serves no purpose. Hoping that it will go away is not realistic. But we can work in our own defense. It is as important as keeping your distance.

For more information you can reach me at Natures Market at 701 S. Apollo Blvd. Melbourne. 321-724-6923



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Drunk on Coronavirus

"I find myself drinking everyday during this Coronavirus lockdown." - anonymous caller

Here we are in a current state of a new normal. It includes mandatory self discipline in a way we've never really had to experience. So many of us have been booted out of our daily routines and left with only a few responsibilities.

As we all wait to see how it all plays out, many have experienced increased boredom, anxiety, financial insecurity, and frustration. So it's not surprising to see the rise in alcohol sales and personal use. We are watching social drinkers use much more than usual, abusers drink like alcoholics, and alcoholics wondering if now is a good time to quit. The answer to the latter is a big YES.

First of all, don't try to diagnose yourself right now. I am going to give you a few tips on how to manage your way through this and if it is becoming a problem, how to get the help you may need.

People that have built solid programs of recovery are actually in a great position right now. We've had to change our entire routines before, make new connections and friendships, maybe even move from one place to another, and learn how to better manage all forms of uncomfortable emotions and thought processes. Those strategies are highly useful right now.

So let's keep it simple and maybe this can help you.

Since your routine has been altered you may find yourself altering your wake and sleep schedule. Not a good idea. Keeping structured times for responsibility and play is balance. Balance equals stability and predictability. Not only will keeping a structured routine help you in the now, but it will also make it easier once this all gets back to normal.

Getting out of a structured routine can lead to increased laziness, lack of productivity, poor eating habits, less attention to hygiene, and of course increased use of any substances you choose. This can be especially harmful if you equate self care with employment responsibility.

You work for you. You always have. When you complete tasks made its natural to feel a sense of accomplishment. You can parlay this good feeling into a good time to

connect with someone. Which just so happens to be the next important tip. Staying connected.

Connectivity is a life saving tool. It brings you out of yourself and into an understanding that we are all useful to each other. Sometimes we listen more and sometimes we speak more. Depends on where are needs are at. Either way we have fulfilled a purpose.

Breaking out a list of people you care about and contacting right now could be extremely useful. In recovery, we could equate this to service work. Check on someone you're thinking about. You may surprise yourself how much you get out of giving someone the "I was just wondering how you are doing through all of this," question.

Next is to moderate everything you do, even if it's not thought to be a harmful substance or behavior. Over abundance of anything can be problematic. This includes sleeping too much, watching Netflix or the news all day, scrolling social media, and snacking just to name a few. If you are not a person with a drinking or drug problem now or by history, then you can add drinking to this list. Home pours can often be much larger than those you paid for at the bars. Unless you're trying to give yourself a bigger tip, cut it out.

Keeping to short scheduled times will allow you to better manage these things. If you find yourself saying "screw that I'm ok with binging right now" then just know that you're opening a door that can easily get jammed open. This means that there will most likely be consequences one way or another.

Lastly, I would like to encourage all of you to focus on the positive of what this time is. It's easy to get caught up in the doom and gloom. Especially if you're unemployed or someone you know has the COVID-19 virus. We have to dig deep and have faith, trust, and hope in the systems we live by right now. That includes our elected officials and any other powers that be. We are not in control of how long this will last and how bad it may get, other than doing the simple things we've been asked to do. Wash, rinse, distance, and repeat. This too shall pass, as we say in recovery. And it will.

If you love the people you live with like I do, then it's easy to enjoy the game nights and conversations we were "too busy" to enjoy. The creativity that has emerged from everyone finding new ways to entertain themselves and make use out of the things in the home. The completing of the honey do's I love to ignore. And the chance to simply sit and be grateful that no matter how bad this is, we are blessed to be experiencing this in a country advanced enough that we can actually spend time complaining about our high quality problems.

Good luck to everyone and thank you to all of those doing their part in whatever role they play. My role is to be here if you need me and I am.

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DEVIN SEIBOLD - COMEDIAN

By Steve Keller

The last 2 months have been trying times. The input of creativity to entertain us/keep us sane has been a vital part of our existence. Comic relief is just as important. Enter Melbourne native comic Devin Seibold. Add the fact that his day job is teaching middle school students (remotely). There may not be a better qualified individual to give commentary on our situation.

"I lived in Melbourne from second grade until college; Suntree, Harbor City, Central West Shore Eau Gallie and Brevard Christian; every school they had," Seibold, now 35, recalls. "My first job was at Del's Freeze. My best job was at Hooters. I was the starting center for Brevard Christian when we were State Runner up in 2003 Basketball."

Upon graduating college, Seibold decided to follow his two passions simultaneously. But would they be ready? Would he be ready? "I felt that

way when I first started," he explains. "I was very worried about the school finding out I did comedy. But I've seen a shift where teachers can get away with saying more now, and free speech is being celebrated. Teachers are more vocal than ever. Now, as far as the hours are concerned, it is next to impossible for them to both exist. Some open mics don't even start until 10 pm, and school always starts at 6:30 am."

With the rise of social media, Seibold is not your old school teacher. "Students are impressed when they see I have more followers on Instagram than them," he jokes. "Social media helps comics get booked, no question. Any business loves to bring in a worker that can promote them to a broader audience. It definitely helps even more so in times like these. Just because the comedy shows stopped in person, I can still have an audience online." Seibold recently branched out and created the podcast '*Crying In My Car: A Podcast for Teachers*' available on various platforms.

The dual professions have always been a topic of his comedy. The timeliness of our current situation has helped him gain exposure. A recent video post depicts Seibold in lockdown. He slowly loses it, and gains facial hair. "Yep, filmed the later parts first and cut it down to the beginning parts," he confesses to the cleverly filmed routine. So clever in fact that the video has gained millions of views. "The original video on my page got around 2.5 million. I've had a few videos get 3-7 million view range. Bored Teachers shares them on their page from time to time and some of those have 8 million plus."

As comfortable as he is in front of a camera filming his standup, Seibold now finds himself teaching on camera as well. "Teaching transitioned to online and I've been fine with that," he explains. "It is quite easy for someone like me with a lot of prior tech knowl-

edge. Some teachers are struggling quite a bit though. Comedy has been non-existent in clubs, lots of comedians hurting. But some of the harder working comics have found their way into social media and are generating new fans. For school, the kids are generally very polar opposites. Some are passionate about getting the work done and message me daily. Some flat out say they could care less about doing any work, and would rather sit at home with video games.”

Seibold, who has performed on shows with such comic heavyweights as Bert Kreischer, Chris D’elia, Ralphie May and Tom Segura and even non comic and former Chicago singer/bassist Peter Cetera, looks forward to the time where clubs come back. “I think June is when things will start to reopen,” he says. “I believe schools in Florida will be done for the year. School is going to be interesting coming back because there are new frameworks being built for online learning and budget cuts are bound to happen if the economy falters. I think we will see a bigger push for online classes and an expansion of Florida Virtual School. For comedy, small name comics will have a harder time breaking through. Clubs are hurting and need big acts to get the disposable income many won’t have. A lot of comedians will shift their efforts from stage to online as well.”

At press time online is all that we can look forward to. A student of the game (pun intended), Seibold lists Rodney Dangerfield and Dave Attell as his comedy idols. “I memorized their albums word for word.” Seibold has come back to perform where he grew up albeit the days of sundaes and wings behind him. “The Brevard comedy scene is solid,” he says. “Lots of talent. The crowds are always some of my favorite in the state, the perfect mix of audiences and they come to drink and laugh.” In the meantime the resourceful teacher is looking to other ways to perform and earn a living. “I’m shifting over to professional development and speaking engagements until the clubs get going again. I’m also making money on my videos so I am doing more of those and putting a little more effort into promoting them.”



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Rigg's Outpost FISHING REPORT FOR MAY

by Pompano Rich



It's Snook month in Brevard. Florida's number 1 gamefish will spend May in the magnificent estuary and the numerous beaches that line our island. The neat part is they are easy to catch but not easy to land! Florida's version of the striper will pound numerous schools of baitfish in the surf. Thousands of finger mullet will be persuaded to run for the sand! Snook will drive thru black balls of bait and will leap only to splash and knock out their targets.

Ranging from 10 to 30 pounds, silvery with a lateral stripe they are highly protected gamefish. They are great to eat but are protected during the Summer so they can spawn. Thus the ammo includes top eater plugs, soft huge numbers. The tools include a 9 foot spinning rod and a mid size spinning reel. The ammo includes top water plugs, soft body jerk baits and flare tail feathers. They are not choosy ... Get this. They will be joined by foil scaled tarpon and muscular jack crevasses! A literal "Free for All"!

The estuary snook will range from 5 to 15 pound range and will join the fine eating spotted sea trout. They will be devouring sea grass shrimp by the interior seawalls and docks. Easy to catch sweet tasty mangrove snapper will be in the mix. Live shrimp will be the prime bait. A lighter rod and reel will be all one needs to land the interior fish.

Riggs Outpost is your go to shop for all your needs to make this a splendid fish catching vacation. On an average week they will sell upwards of ten thousand live shrimp weekly. Owner Anthony Marks has a litany of huge upwelling tanks in the rear part of his shop. Hundreds of all of the swimming fish that are fresh and will catch the fabulous array of species available. So to learn the "How, the when and the where" go to Rigg's Outpost where Anthony and his staff do an incredible job.

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1/2 CAT FISH, 1/2 CAT CHICKEN, 1/2 CAT BURRITO, 1/2 CAT QUESO, 1/2 CAT SALSA, 1/2 CAT RICE & BEANS, 1/2 CAT BEANS

CATEGORY 2
1/2 CAT FISH, 1/2 CAT CHICKEN, 1/2 CAT BURRITO, 1/2 CAT QUESO, 1/2 CAT SALSA, 1/2 CAT RICE & BEANS, 1/2 CAT BEANS

CATEGORY 3
1/2 CAT FISH, 1/2 CAT CHICKEN, 1/2 CAT BURRITO, 1/2 CAT QUESO, 1/2 CAT SALSA, 1/2 CAT RICE & BEANS, 1/2 CAT BEANS

CATEGORY 4
1/2 CAT FISH, 1/2 CAT CHICKEN, 1/2 CAT BURRITO, 1/2 CAT QUESO, 1/2 CAT SALSA, 1/2 CAT RICE & BEANS, 1/2 CAT BEANS

CATEGORY 5
1/2 CAT FISH, 1/2 CAT CHICKEN, 1/2 CAT BURRITO, 1/2 CAT QUESO, 1/2 CAT SALSA, 1/2 CAT RICE & BEANS, 1/2 CAT BEANS

THE ULTIMATE HURRICANE

SANDWICHES

PHILLY CHEESE STEAK 12.99
Served with french fries, onion rings, and a side of queso.

PIZZA STEAK 12.99
Served with french fries, onion rings, and a side of queso.

CHICKEN PHILLY 11.99
Grilled chicken, steak, mushrooms, onions, lettuce, tomato, and a pickle.

BBQ CHICKEN PHILLY 11.99
Grilled chicken, steak, mushrooms, onions, lettuce, tomato, and a pickle.

GRILLED BIRD IN PARADISE 11.99
Charbroiled chicken breast, served with rice, black beans, and onion rings.

WRAPS

SUB SANDWICH 1.99
Served with french fries, onion rings, and a side of queso.

MAHI-MAHI WRAP 14.99
Grilled mahi-mahi, served with rice, black beans, and onion rings.

CLUB WRAP 11.99
Grilled chicken, steak, mushrooms, onions, lettuce, tomato, and a pickle.

THE GREEN ROOM

CAESAR SALAD 4.99

ADD FISH, STEAK, OR SHRIMP 4.99
A choice between fish, steak, or shrimp, served with rice, black beans, and onion rings.

CRISPY CHICKEN SALAD 12.99
Crispy chicken, served with rice, black beans, and onion rings.

HOUSE SALAD 4.99

ADD FISH, STEAK, OR SHRIMP 4.99
A choice between fish, steak, or shrimp, served with rice, black beans, and onion rings.

COCOA BEACH CHOPPED SALAD 14.99
A choice between fish, steak, or shrimp, served with rice, black beans, and onion rings.

YOSTADO SALAD 14.99
A choice between fish, steak, or shrimp, served with rice, black beans, and onion rings.

TERIYAKI SALAD 12.99
Teriyaki marinated chicken, served with rice, black beans, and onion rings.

SANDBAR SALAD 16.99
A choice between fish, steak, or shrimp, served with rice, black beans, and onion rings.

REGGAE
Lime Quinoa, Cash, Blue Cheese, Kale, Mango, Raspberry Vinaigrette

