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Introducing **DIANA FIGUEROA** Figueroa Law Group

Diana Figueroa is a local attorney practicing in Melbourne, Florida. Her law practice focuses in the areas of family, adoption, and criminal law. Mrs. Figueroa was born and raised in south Florida. In 1981, Mrs. Figueroa graduated from Florida State University with her Bachelor of Science degree and in 1985, Mrs. Figueroa obtained her Juris Doctorate degree from Loyola Law School in Los Angeles, California. Shortly after graduating from law school, she returned to Florida and was admitted to the Florida Bar in 1986. Mrs. Figueroa began her legal career handling serious bodily injury claims for an insurance company. She then became an Assistant State Attorney with the 18th Judicial Circuit handling many diverse types of criminal matters which resulted in her obtaining significant trial experience. In 1990, Mrs. Figueroa decided to open her own private practice, which she has continued to do so for twenty-six years. Mrs. Figueroa is the owner of the Figueroa Law Group where the lawyers and staff take pride in serving their clients with excellence and protecting parent's rights.

Mrs. Figueroa resides in Melbourne, Florida with her husband and is the proud mother of three children and two grandchildren. She believes in spending quality time with her family and makes certain to maintain a balance between work and family. Mrs. Figueroa also works part time in a lucrative weight loss coffee business and is proactively involved in healthy living. After spending time with her family, she also enjoys taking her dogs out for a jog around the neighborhood. Mrs. Figueroa currently attends Calvary Chapel of Melbourne and has also



volunteered her time there as a facilitator for Crown Ministries.

Mrs. Figueroa is a member of several organizations including the Brevard County Bar Association, the Florida Bar Association, the Puerto-Rican Hispanic chamber, and the Melbourne Chamber of Commerce. Mrs. Figueroa believes in providing legal services to those in need and on February 22, 2013, she received an award for her pro bono service from the president of the Florida Bar. Diana Figueroa and the Figueroa Law Group are available to discuss your legal issues and put her staff and experience to work for you.

We may be reached at 321-259-3100 or visit FigueroaLawGroup.com

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Now that March is behind us, maybe we will receive some of those April showers that bring May flowers, as the poems goes. Hmm, I'm thinking that maybe this poem was written for another part of the country. I don't know about you, but I sure would like to see a little more rain so my grass will stop making that crunching noise every time I walk across it! But most likely, before we know it, we all will be wishing the rain would ease up a little so the grass could just get cut. Funny how we are never quite satisfied with our current state. If it's dry, we wish for wet, if it's cold, we wish for hot. We can be a "hard to please" kind of society.

How about a little something else to reflect on?

While living on this earth, it really is not about the one with the most toys being the winner. It's much more about helping people in good times and in times of need, about being willing to stretch to allow ourselves to step out of our comfort zones to truly make a real difference in other people's lives. Serving others without the "what's in it for me" mentality is the mark of true success! I hope you are not missing the point here. Things are nice to have as long as they don't have us. I pray every day for God to keep me humble and to help me stay on track and to continually remind me what life is really all about.

Reflection can be a very worthwhile activity. Maybe we should all pause a little more often to reflect on what kind of life we are living.

On a final note:

What a privilege it is for me to be able to share some of my thoughts and feelings with you on a regular basis. If you have been following The Publisher's Desk column for a while, my hope is that maybe a sentence or even a few words might make a difference in how you see your life and how you can make a difference in the lives of others.

Until next month,

Bryan McDonough

Publisher, *Spotlight Magazine*, Inc.

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inside the Spotlight

april 2013



FEATURES

Burn the Boats!	9
History Being Made in Melbourne	11
Mother's Day Gifts-Spring Fling	13
Dining Out Can Still Be Healthy	20
Now Open Our Second Location	25
New Face at The Medicine Shoppe	26
Simple Ways to Avoid Overspending	29
Connectivity of Hearing Aids	32
Teacher of the Year	35
The Facts About Credit	37
These Foods May Prevent Cancer	44

departments

"WHAT IS GLORY?"	7
SPOTLIGHT ON THE ARTS	15
SPOTLIGHT ON CHIROPRACTIC HEALTH	17
"REFLECTION OF..."	19
DEAR VAL,	21
SPOTLIGHT ON COOKING	23
SPOTLIGHT ON COMPUTING	27
SPOTLIGHT ON SOCIAL MEDIA	31
"BENEFITS OF SPAY/NEUTER"	33
"SOMETHING SPECIAL IN MIND FOR US"	39
SPOTLIGHT ON LIFE COACHING	41
"DENTAL CARIES PREVENTION"	43




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WHAT IS "GLORY"?

by Jim Campbell, First Baptist Church of Melbourne

At church, we are the kings of the inside joke. At church, we are the kings of the inside joke. We have loads of words that if you roll into church, you are just expected to know what it means. I've played the "yeah, yeah, sure" game and pretended that I knew what words meant, but I've stayed in the dark on that. Glory is a word like that..."Glory"...*"Glorify"..."Give God the glory". It's always used in relationship to God in church and you don't hear it many other places but church these days. Most of the exposure the world has to it is when someone wins an award and "gives God the glory" in a speech or an athlete points to the sky after a touchdown or in an interview and those aren't bad. Still, it's easy to get the idea that "giving God the glory" is simply doing a good deed ourselves and giving God the credit for it, but the truth is that it is far more than that. So what does it mean in church?*

The word is used about 199 times in the Old Testament, and the Hebrew word that is used literally means "weightiness" or "heaviness". We see it mentioned in loads of different situations from a cloud that the Israelites followed around in their journeys between Egypt and the Promised Land to being seen in the tent of meeting and various other places. In the New Testament, the Greek word for it literally means "a light that shines from something brilliant". James MacDonald, a Christian scholar/author/pastor, writes that it is "the evidence that God has been at work in the world. As wet is to water, so glory is to God. As heat is to flame, so glory is to God. As light is to bulb, so glory is to God." Funny thing is that glory is God's characteristic and nothing I can do can add one ounce of glory to Him. So, then how do we glorify Him?

2 Corinthians 3:18 says "So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image." The veil that is removed refers to when our relationship begins with Christ; at that point we can see and reflect the glory of the Lord. The Greek word used actually refers to a "reflective surface", like a mirror, so you begin to see God at work around you, the evidence of Him in the world. The rest of the verse tells us that as we reflect that, as we submit



"It's easy to get the idea
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ourselves to God and reflect what He's doing in the world, He actually begins to work in us, He changes us for the better, He works in our lives and we actually become evidence of His work in the world ourselves by what he's done in our lives. It's not just me giving credit to God for the good things I did, but it's me living in a way that points to the good things that He is doing.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage High School Sundays at 10am. For more info on Bay West Church, check us out at facebook.com/baywestchurch or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.



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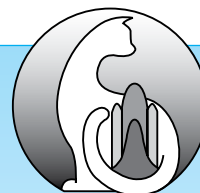
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Spay/neuter clinics are only for feral and abandoned cats. This number is
not for calls to relocate or find homes for cats being given up for adoption.

Burn the Boats!

Overcoming the Powerful Grip of Fear

When analyzing why so many people live lives so unfulfilling if one of the main reasons is the emotion of fear becomes the dominant force in their entire existence. On every level, so many men and women are plagued by memories in early childhood that become the damaging blueprint for adulthood.

A young girl named Rachel, aged five, was admiring the beautiful ballerinas in a magazine. She was dazzled by the grace and brilliance of the delicate dancer. When Rachel stated with enthusiastic exuberance, "I want to be a ballerina when I grow up!" her mother, a cautious woman who had been taught her place on the planet from birth, "be grateful for any crumb thrown your way", said in a hushed discouraging tone, "Oh I heard only one in a million makes it in ballet." What was instilled from preschool in Rachel's mind that day was that the glories of life were reserved for a very special few and she wasn't one of them.

As she went on in life, though she was pretty and smart, Rachel never experienced any success. She never held a job for long and despite her intelligence and work ethic, she spent her adult years in inferior positions, earning a pittance of what she was worth. Likewise, Rachel had two unhappy marriages, both to emotionally abusive men who agreed with her at her own low self-appraisal. Rachel lived her life paralyzed by fear. Fear she was not good enough, or smart enough, or talented enough or pretty enough. Fear she didn't deserve the best life has to offer. Fear she was a laughable, no-talent loser. Eventually, she fell into such a deep depression that she entered therapy where she finally discovered she deserved to be happy as much as anybody else. It took another human being to give her permission to be a

person who mattered. After a few years of surrounding herself with positive people who did not let fear rule their lives she was finally able to live the life she always dreamed of.

Rachel began to look for work that mattered to her. Though she was once again forced to start at the bottom, this time she had courage and commitment to her ability to do an excellent job. Rachel was not paralyzed by the fear that she was not good enough to be any higher than the bottom. In a few years she was one of the leaders in her company, respected and well-paid. Rachel also formed a relationship with a man who loved and respected her, in part because she loved and respected herself. She even enrolled in an adult ballet course, at 38 years of age! No, she will never be a prima ballerina, but Rachel loves her weekly dance classes and she is no longer afraid that others will laugh at her.

This article is entitled "burn the boats". This phrase was made famous by Hernan Cortes, one of the conquerors who was instrumental in destroying the entire Aztec Empire. Cortes was ordered by the King of Spain to destroy the land of Montezuma and the Aztecs in present-day Mexico. If Cortes had been a man paralyzed with fear, he would have let a thousand negative thoughts, many realistic and possible, dance in his head about how impossible it would be for him and his small crew to defeat an entire civilization. When Cortes and his crew landed onshore, he gave an order that sounded crazy to most but brilliant in the long-run. "Burn the boats!" he ordered his army, making sure that fear and failure would not be welcome on this voyage. Retreat was not an option and fear was not allowed to take root in the hearts and minds of Cortes and his men. Together they set about accomplishing their monumental task. Fear was not an

option and they succeeded.

Fear is a normal emotion and any man or woman who says they have never been afraid is not to be trusted. In fact, most of the brave men and women of history freely admitted to battling fear. Former South African President Nelson Mandela, imprisoned for over 27 years, was quoted as saying, "I learned that courage was not the absence of fear, but the triumph over it."

Some tips to overcome fear and "burn the boats" in your own life include:

- Surround yourself with positive people. People who are comfortable in their own selves are more likely to encourage the hopes and dreams of others.
- On a more intimate level, choose your life partner wisely. Facebook COO Sheryl Sandberg recently stated "I don't know a single woman whose life partner is not fully-and I mean fully-supportive of her career. No exceptions." In short, if you have the closest person to your ear, and your soul, constantly belittling you, it would be a miracle if you did succeed.
- In order to identify your fears, write down exactly what you are afraid of and why. This step is where Nelson Mandela's technique is effective. After you have identified your fear, you can figure out the best way to triumph over it.
- Make a Fear List. You have heard of the Bucket List. The Fear List is comprised of things you have always wanted to do in life but were too afraid to try. Then write down a plan to deal with the fear of failing or being laughed at. Finally, one at a time, with the support of your life partner and support system, proceed to succeed!

Angela Bozorth is a local multi-media journalist whose television show WHAT'S GOIN' ON airs on Bright House Channel 49 on Wednesdays at 6:30 PM. She is also a certified counselor. Called (321) 506-2765 to set up an appointment.

Angela Bozorth is a multi-media journalist as well as certified counselor. Watch her show, WHAT'S GOIN' ON on Bright House Networks Channel 49 Wed. at 6:30 PM and Fri. at 7:30 PM. Contact Angela for private counseling sessions at 321-506-2765.



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History Being Made in Melbourne ...



Did you know that history is being rewritten when the truth was found that Ponce de Leon discovered Melbourne Beach, not St. Augustine. The Spanish explorer was long thought to have come ashore near St. Augustine while searching for gold. He actually landed in Melbourne FL instead on April 2, 1513. A huge celebration marking 500 years since Juan Ponce de Leon's discovery is being planned in Melbourne FL for this April, 2013. The Quincentennial Celebration Committee is hard at work.

Much like history being rewritten about Ponce de Leon, Manny Pesco has rewritten Wildwood Antique Mall once again as we land in Melbourne, FL. Henry and Lisa Olender, General Managers of all FL based Wildwood Antique Malls began work in November on the 25,000 square foot store located at 1240 Sarno Rd, Melbourne, FL in the Apollo Crossing shopping center located ½ mile west of US1 and 3.9 miles east of I-95 (Exit 183) in Melbourne.

The Wildwood Antique Mall of Melbourne opened its doors to the public on December 10th 2012 and will house over 140 Quality Antique Dealers. In only short few weeks we're at 70% capacity and spaces are going fast. History shows that we will fill all booth spaces in approximately 3-4 months. Wildwood Antique Mall has a very strong presence and a good future in Florida and is fully dedicated as being the go to place for Antiques and collectibles.



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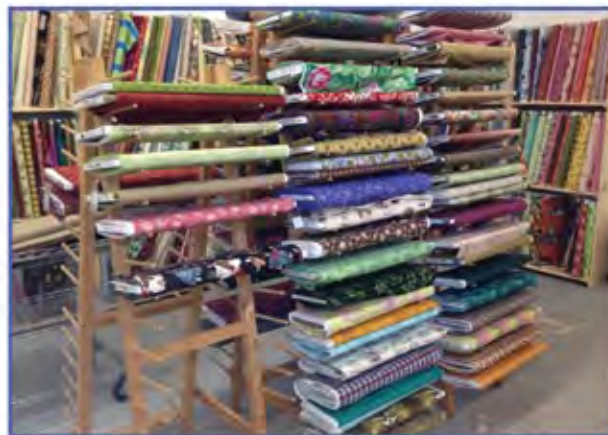
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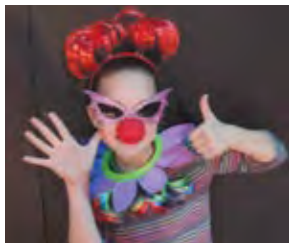
HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!



CREATING DRAMATIC PLAY SPOTLIGHT ON THE ARTS

by Pam Mankowski

Ah, Spring! A lovely time of year for new growth and flowers and weeding—if you are into gardening. If not, it is a great time for spring cleaning. At the studio we are putting away the costumes and props and set pieces from the winter shows and bringing out the necessary pieces for the spring shows.



While Stage 1 Stars has an abundance of actual costumes, props, puppets, masks and set pieces, it is always fun for the younger actors to participate in creating their own stage environment. These costumes and props are often self created from common items like aprons, scarves, ties/sashes/belts, curtains, fabric, ribbons and hats.

It is a part of Creative Dramatics to explore the world in a “controlled crazy atmosphere” free from negative feedback. This is a style of teaching beginning acting and is an aspect of improvisational acting. This certainly describes the

Beginning and Primary Classes at Stage 1 Stars – on purpose, of course.

Creative Dramatic play activities help an actor “try on” life in order to understand the ever-changing world that is crucial to development whether on stage or in “real” life.

Mary Palmer, Ed.D as Project Director for CHILDREN AND THE ARTS explains this way: “Through creative drama, children learn about theatre as an art form, their relationship to others, and their relationship to the environment. Creative drama helps children grasp concepts, face issues, solve problems, analyze what is already known, and internalize new concepts. Creative dramatics stimulates creative thinking skills.”

While Ms. Palmer’s study is a source book for Pre-K Early Intervention Programs Developed for Florida’s At-Risk Children, it is important to remember that this statement applies to all ages and experience as a performer.



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Creative Dramatics is helpful to develop confidence and creative expression; develop body coordination; develop group cooperation and participation; develop control and use of the voice as well as enhances language skill; and encourages focus.

Dramatic play activities can be encouraged at home with little or no preparation. It may result from reading a book or story and then acting out the story afterwards. This provides a vehicle for enriching language skills and stimulating imitation of actions. While reading the book or story, frequently ask the “audience” to use their own bodies to show an emotion (such as happy, sad, angry, worried) or physicality (such as hot, cold, wet, sticky) point out the location (in a box, up in a tree, under a bridge, through a tunnel) and ask how would you feel if you were there.

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EXERCISE GOOD JUDGMENT OUTDOORS WITH CHILDREN

SPOTLIGHT ON THE CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



From biking and hiking to walking and jogging, today's parents are keeping fit and bonding with their babies in the process. With an array of products unheard of a generation ago - like baby carriers, joggers and trailers - even the tiniest among us are enjoying the great outdoors. But while these items can make life easier and more enjoyable for both parent and child, they can be the cause of pain and injury if not used properly. The American Chiropractic Association (ACA) urges you to exercise caution and good judgment while exercising with your baby.

BIKING

When biking with a child on board, use a trailer, a rolling ride-along that hitches to the back end of a bike. It is a much safer option than a carrier, a "passenger" seat that sits directly on the bike, according to Dr. Scott Bautch, of ACA's Council on Occupational Health. Dr. Bautch prefers trailers because of their added stability. He cautions that carriers can decrease a bike's stability, possibly causing it to topple and injure both the parent and child.

JOGGING

If you wish to go for a jog and bring your child along for the ride, the baby jogger is your best option. A baby jogger is a rolling pushcart that a parent can jog behind, using handlebars to maneuver. Here are some rules of thumb to consider:

BACKPACK-STYLE & FRONT- SIDE BABY CARRIERS

For parents who prefer walking or hiking with their little ones, a backpack-style or front-side baby carrier could be for you. Dr. Bautch cautions, however, that there are risks involved with carrying an infant on your back in a backpack-style carrier. "The cervical spine of a child less than one year old is not fully developed. It is important at that age that the head does not bob around. The backpack-type carrier is not ideal because the parent cannot watch to make sure the child's head is stable. A front-side carrier is better for a very young child," explains Dr. Bautch.

If using a backpack-style or front-side baby carrier, make sure to select one with wide straps for your shoulders and waist. This will help distribute the carrier's weight evenly. The shoulder straps should fit comfortably over the center of your collarbone. Once you place the child in the carrier, check to make sure there is no bunching of material against the child's body, particularly on the back, buttocks and spine. Isolated, uneven pressure like this can produce pain.

TAKE CARE OF YOURSELF

Finally, don't forget about your own health and comfort. When lifting a child to place him or her into a trailer or jogger, exercise caution. Don't bend from the waist, but begin in a 3-point squat and implement a two-stage lift that consists of a) pulling the child up to your chest and then b) lifting straight up with your leg muscles. Stay as close to the car seat or trailer as possible and place the child into it without reaching, stretching or twisting. The further the child is from your body, the more strain you will place on your spine and musculoskeletal system.



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REFLECTION OF . . .

by Larry A. Attig, Pastor,
Melbourne First Church of the Nazarene



I mentioned a few months ago that we were able to stay on the beach I wfor a few days through the generosity of some friends. I like being on the water, so we would leave the blinds open to enjoy the view as much as possible. The only down side with our ocean view was that as the sun rose over the horizon, its brilliance illuminated the entire room. I'm not one to get up before the sun does, but since I was awake I grabbed a cup of coffee and went out on the balcony to enjoy the morning. People were already on the beach. Some were leisurely walking along the water's edge, obviously hunting shells or treasures from the last high tide. Others were in full exercise mode, scattering birds and sand as they ran. I

"And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."

2 Corinthians 3:18 NLT

took in all the sights and sounds of a morning on the ocean, when I was drawn to the sun's reflection on the water. The only thing that interrupted the blinding light on the water was an occasional cloud. Once it passed the sun's glow returned.

As I think about the sun's reflection on the water that day, I'm reminded of the passage in Proverbs 27:19 which says... "as a face is reflected in water, so the heart reflects the real person."

Now we all know that water will only reflect what is close by. It's kind of like a mirror. As we stand before your mirror and see an image appearing ...what do you see? Mirrors don't think about themselves, nor can they recall an object from yesterday, they only reflect. You cannot see the reflection of something that is not in visual contact of either the mirror or the water.

Let me unwrap this a bit further; just as the water or mirror reflects whatever is close by, if I call myself a Christ follower (that means I have a personal, intimate, relationship with Jesus) then I should be reflecting Jesus in my life.

So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image. (2 Corinthians 3:18 NLT)

As people look at you ... What reflection do they see?

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Dining Out Can **Still Be Healthy**



Men and women with an eye on shedding a few extra pounds

might feel as though dining out is a luxury their waistlines simply cannot afford. But many restaurants recognize their customers' growing desire for healthier fare. People can expect to find a host of nutritional items on the menu at their favorite local restaurant, making dining out both a viable and healthy option for those who want to put money back into their community while enjoying a night out on the town.

Of course, diners who want to ensure their next night out is healthy can take a number of steps before hitting the town with friends, family or that special someone.

- **Peruse the menu ahead of time.** Many restaurants now post their menus to their Web sites, where prospective diners can get a feel for the restaurant while examining the menu for foods they can feel good about eating. Look for low-calorie meals and choose a few candidates that you might want to eat when you arrive at the restaurant. Some restaurants may count the calories for you on the menu or explain where and why they buy their ingredients in an attempt to ensure their customers' meals will be both delicious and healthy.
- **Consider ordering off the menu.** Ordering off the menu was a practice once reserved for bigwigs or restaurant regulars. But nowadays many restaurants recognize that some customers might be on restricted diets for medical reasons and are willing to work with their customers who still want to enjoy a meal out without putting their health in jeopardy. Ordering off the menu does not necessarily mean ordering a dish that isn't on the menu. Ordering off the menu can refer to asking that ingredients like salt not be used to prepare your meal or asking that a dish is baked or grilled instead of fried. Many restaurants are amenable to such requests, but it's up to the customer to ask.

- **Ask for smaller portions.** Smaller portions can help men and women maintain a healthy weight, and some restaurants even allow customers to buy half-portions for less money. If that option is available, take advantage of it. If not, skip the appetizer and dessert courses, and don't be afraid to leave some food on your plate at the end of the meal. You can always have your meal wrapped.
- **Share your meal.** Out on a date with your special someone? Then order one entree and let your server know you plan to share the meal. You might have to pay a little extra to share the meal, but you won't be eating as much and the added cost of sharing will still be less than purchasing two entrees.
- **Don't forget to eat before you dine out.** If you miss meals throughout the day before dining out at night, you're far more likely to overindulge once you get to the restaurant. Be sure to eat a healthy breakfast and lunch and a healthy snack of fruits or vegetables before going out to dinner at night. If so, you won't be as hungry when you arrive at the restaurant and you won't overeat to combat that hunger.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"The one who is unwilling to work shall not eat."

"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: *Harpazo: The Witnesses*.



Dear Val,

I have to share with you something amazing that recently happened in my life. I've been going to church for about a year now. I went up for the invitation; but in all honesty, I was living a double life. I was nothing but a big phony. There were some positive changes in my life, but I was still holding back in many areas. I was still partying with my friends, and occasionally having sex. I felt guilty about these things, but I wasn't ready, or willing, to give up that part of my life.

A few months ago, I met a guy, at a club in Orlando, and we had this ongoing flirtation for several months. He's a bad-boy; and to me—irresistible. After months of teasing, we finally went out on a date and ended up at his place. We were making out pretty heavy; and all of the sudden, I heard God say, "Stop it Carly—you don't want to do this!" I froze...I'd never heard His voice that clearly before. I did stop, and believe me, it wasn't easy. A few weeks later, I discovered, through a mutual friend, he has a sexually transmitted disease. All I can say is—thank you God! Ever since that day, I've made it my mission to—get real.

—Carly of Palm Bay

Dear Carly,

Thank you for sharing this life changing—and eye opening experience. Jesus said, "My sheep listen to my voice; I know them, and they follow me" John 10:27 (NIV). Thank God we have a shepherd to guide and protect us—even when it's from our own sinful desires. Sin gives us pleasure—for a season—but there are always repercussions for our choices, such as: sexually transmitted diseases and fatherless children—or killing the unborn in an attempt to rectify the backlash of fornication. According to a government census, in America alone, 55,772,015 babies were aborted since Roe vs. Wade, 1973-2011, (statistics from 2012 unavailable.) You just had a wake up call...I'm glad you were listening.

Dear Val,

I have a brother that constantly struggles with debt. Two years ago, he lost his job, and now he works, odd jobs, for lower wages, but he continues to live in his previous lifestyle. How do I draw the line between helping him and enabling him? My husband and I aren't wealthy, and this is beginning to cause friction in my marriage. My brother has a wife and two kids so I don't feel right about cutting him off altogether.

—Marilyn of Rockledge

Dear Marilyn,

In Luke 6:30, Jesus said, "Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back"; on the other hand, scripture also warns us of idleness. In 2 Thessalonians 3:10, it is written, "...The one who is unwilling to work shall not eat" (NIV). This isn't a contradiction. Obviously there must be limitations; better to promote job, or financial counseling, than to encourage a pattern of laziness or an attitude of entitlement. Praying for God's wisdom and exercising the discernment He gives are vital in these situations.

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him, James 1:5 (ESV).

MARK YOUR CALENDARS

The movie "King's Faith" opens April 26th. This is a powerful, real-life, poignant movie, especially for teens. Go to: kingsfaith.com and watch the movie trailer; then, E-mail or call your local theatre and demand they show it.

Mail your questions or concerns to: Truth Straight Up P.O. Box 120476 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.

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MY ITALIAN FAMILY RECIPE SPOTLIGHT ON COOKING

by Cecelia Danas



In my Italian family there are many versions of this recipe, you but this is the basic one. You can use this for lunch served in hero rolls topped with parmesan cheese, or for dinner over pasta/ rice (just cut the sausage in pieces after it is cooked). Be creative like my aunt. She adds mushrooms and red peppers. Let me know how you like it. Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.

Zucchini with Sausage and Onions

8 Italian Sausages sweet (you can use hot)	10 small green zucchini cut in thin slices	5 tblsp. of Italian Seasonings
8 onions cut in slices the long way	6 cloves of garlic (or more if you like) cut in slices	Olive oil to cover bottom of frying pan

This recipe is for 4. In a large frying pan add olive oil. When oil is heated add sausages keep turning until the outside is brown. Remove from pan. Then add all the other ingredients. Cook until the zucchini and the onions get soft.

*Then add the sausages back to pan and continue to cook on low heat until the sausages are fully cooked. (Put a cover on the pan it cooks faster and keeps the veggies soft).

*You might have to add a little more oil so it doesn't stick to pan.
A simple and delicious dish. Enjoy!

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Wesley Campbell was born into the restaurant business.

Watching his parents make jerk chicken and pork, steamed fish, and fried chicken in their restaurant, the call of the culinary arts couldn't be ignored. At fourteen, Campbell entered a cooking competition and astonished the judges with his sophisticated dish, setting the stage for what would become a deliciously eventful career.

Campbell began working as a prep cook at the five-star Half Moon Resort in Jamaica and was quickly promoted to pastry assistant. Struck with Campbell's potential, the resort sent him to Austria for additional training. Soon after, he became head chef. At twenty, he was offered the executive chef position. Feeling unready, he asked them to hire someone from whom he could continue to learn. Always seeking new experiences, Campbell later moved to the Wyndham Rosehall Hotel.

When a friend opened a restaurant in Washington, DC, Campbell left Jamaica for the promise of an Americanized culinary dream. With his help, Montego Bay Café flourished. Campbell continued his culinary successes in DC, working as executive sous chef for the Mayflower Hotel and Georgia Brown's Restaurant and as executive chef for the Georgetown Seafood Grill, before eventually accepting the executive chef position at an upscale restaurant called The Daily Grill. With his help, the restaurant prospered and four additional restaurants were opened in the area, as well as another in Houston, making him Corporate Chef to all five restaurants.

Hard work and dedication are the backbone of his successes. During his career, he has received fourteen gold and six silver medals for his culinary masterpieces and was awarded Chef of the Year in Jamaica. As a testament of his extraordinary gifts as a chef represented his country in the International Culinary Olympic Competition. Campbell was the winner of the Adam Morgan Day Fine Dining Restaurant Competition in

Washington, DC as well as two-time first prize winner of The Sysco Platinum Chef Cooking Competition in the Washington, DC and Baltimore, Maryland area.



In 2005, Campbell jumped at the opportunity to open his own restaurant and launched Mo-Bay Grill, where international flavors are presented in a small-town atmosphere and meals are meant to engage appetites in a delightful experience.

Enjoy a savory breakfast with his huevos rancheros or amazing pumpkin pancakes. Find a tasteful difference at lunch and try the sweetly-spicy jerk chicken pocket, the mouth-watering cob club sandwich, or the grilled grouper sandwich with a succulent sweet onion sauce. Start a culinary journey with the conch or cod fish fritters or luxuriate in the green herbed steamed mussels. For a relaxed, tantalizing dinner, Mo-Bay's menu offers flavorful fresh and tropical seafood meant to dazzle not only the palate, but invigorate all the senses. Awaken the mouth with his red snapper served with an essence of ginger scallion oyster sauce, the perfectly seasoned Maryland Jumbo Crab Cake, or the delectable grilled salmon. Get your greens on by requesting the richly tender Irie vegetable stew atop lentils or the angel hair pasta tossed with carrots and bell peppers in a coconut cream sauce. If you can handle a sweet expedition, order the cheesecake topped with caramelized bananas and rum sauce.

While many of his patrons vow Wesley Campbell's dishes are to die for, the chef maintains the food at Mo-Bay Grill is meant to be lived for.

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There is someone new to greet you at The Medicine Shoppe! The full-service pharmacy, conveniently located on Sarno Road, is proud to welcome its new pharmacist, Ruben Oliveria. Ruben is a second generation pharmacist and a long-time friend of the Medicine Shoppe owners.

He brings with him over 28 years of experience, working in the community, with hospice, and in the field of psychiatric pharmacy. Ruben is a dedicated professional who enjoys interacting with customers. He strives to offer individualized and personal service, and is never too busy to talk with customers, answer questions, provide information, and do whatever he can to meet their needs.

The Medicine Shoppe has been serving the Melbourne community for over 10 years. They pride themselves on their outstanding customer service, friendliness

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PARENTAL CONTROLS TIPS IN iOS AND iTUNES

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



The parental controls built into the Apple (iOS) mobile devices and iTunes are actually pretty full featured and will allow you to set up just about any level of control to meet your specific needs.

In order to learn how to turn off in-app purchases, which some unscrupulous app developers have been exploiting to get young users to inadvertently make purchases while playing what their parents think are free games, go to <http://youtu.be/9P4wFB6d7gM>. This exploit generally targets younger audiences that might not understand or care about words like 'buy' or 'purchase'.

If your kids are older or you want to allow them to be responsible for themselves but with parameters, you'll like the flexibility that Apple has developed for parents. All of the controls on the mobile devices are located in the same area and the process starts with turning on 'Restrictions' (Settings -> General -> Restrictions).

When you tap the 'Enable Restrictions'

button, you will be asked to set a four digit pass code that acts as the gatekeeper to these restrictions, so make sure to use a different code than the one that you use to lock the device down. The top section allows you to turn off Internet access (Safari), the Camera app, Facetime, iTunes, installing apps, deleting apps, Siri, and explicit language.

This simple ON/OFF is what most parents use when their child is grounded and not allowed accessed to specific features or a great way to make sure young children don't end up on the Internet without supervision.

The next section allows you to control the level of content that you will allow your child to access. If you don't want them having access to music or podcasts with explicit language, or movies, TV shows and apps that are adult oriented, this is where you control those options (and turn off in-app purchases).

There are a plethora of other options

you can control while you are there that are fairly straight forward and may or may not be important to you. To

control how much your child can spend, you could simply buy gift cards via the iTunes program or from just about any retail store that sells gift cards, but this only works if they have a separate iTunes account that isn't attached to your credit card.

If you want to setup a monthly allowance for your child so you don't have to constantly buy gift cards, you can do so via iTunes (make sure you have the latest version). Log into your iTunes account and go to the iTunes Store link or button and make sure you are on the Home page.

Look for the Quick Links section on the right hand side of the page and click on the 'Send iTunes Gifts'. When the page opens, look for the 'Learn More About Gifting' link in the bottom left hand corner and click it. Then scroll down to the Allowances section to Set Up an Allowance. This link should also work as a web shortcut if you are on the computer that has your iTunes account: <http://goo.gl/bljCU>. You can set up amounts from \$10 - \$50 per month that rolls over if your child wants to save up for a larger purchase and you can adjust or cancel it at any time by going into your Account Information page.

It's very important that you use the Apple ID associated with your child's iTunes account and device in order for this to work. If they don't have their own account yet, you can set one up for them, but make sure you update their device and iTunes with the new Apple ID.

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**Name the Advertisers, Spotlight Magazine,
PO Box 1197, Melbourne, FL 32902-1197**

Please Print. Entry form must be filled out completely & mailed.

1. Who is having a Grand Opening celebration April 20th?

2. Wear Pjs to buy 1 get 1 Free ice cream... What location?

3. Brevard Farmers Market is at what location on Saturdays?

4. Who is our Spotlight Business of the Month for April?

5. Find the company offering: Pediatric, Dental and Primary Care

6. Find the ad with a baseball it in and name the gentlemen.

7. Who is Spotlight Magazines Hearing Aid specialist?

Simple Ways to Avoid Overspending as Retirement Nears

When the nest is empty and the kids no longer need financial support, many men and women find themselves with some extra money in their budget. Fewer mouths to feed and no more college tuition bills can give parents a sense of financial freedom they may not have had since before starting their family. But that freedom can also lead to overspending, something that can put retirement in jeopardy if people are not careful.

Though it's understandable for men and women to splurge on a well-deserved getaway once the kids have finally left the house, it's important for adults to ensure that such splurging does not become routine. The following are a few ways men and women with some newfound disposable income can avoid overspending and putting themselves in financial hot water as they get closer to retirement.

Pay with cash whenever possible. Swiping a debit card or credit card is certainly a convenient way to shop, but it can also be dangerous. Many people find it difficult to keep track of their spending when they use debit cards or credit cards to make their purchases. Using cash to make purchases, especially daily purchases like a morning cup of coffee, reduces the likelihood of overspending. This can help you get a better idea of how much money you're spending and if there are any steps you can take to curtail that spending.

An effective way to use cash is to withdraw money from the bank once per week and use that as your weekly supply of money. If you find yourself frequently running out of money each week, then you're likely spending more



than you should.

Keep a financial journal. Men and women who must adapt to having newfound disposable income may find it is not much different from younger men and women learning to manage their money when they first start working. Some of those lessons, like saving more than you spend, might need to be relearned.

One way to get a grip on your spending is to keep a financial journal to track your daily and monthly expenses as well as larger purchases like a new television. Write down the monthly expenses you know you have each month, such as a mortgage payment or a car note, and each and every purchase you make, including how much you spend on dining out each month. Do this for at least a couple of months. When you

have logged several months' activity, examine your journal to see if there are any expenses that can be trimmed to save money.

Don't go overboard rewarding yourself. Once your last child has left the nest, the temptation to reward yourself with a luxury item or two might prove overwhelming. After all, raising a family and paying for college tuition has no doubt required substantial sacrifice on your part, so it's well within reason that you want to reward yourself after all these years. Avoid overdoing it so your finances aren't stretched too thinly. A vacation with your spouse is reasonable,

but buying a villa overseas might be a little over the top. Luxuries can be nice, but they can also drain a budget. Your monthly expenses once the kids have moved out should be lower, so if you find your cost of living has increased now that your nest is empty, you might be forced to determine which of your expenses are luxuries and which are necessities.

Take advantage of your "experience." Though accepting a "senior" discount might be a blow to your pride, it also can be a boon to your bottom line. Many establishments, including gyms, restaurants and movie theaters, offer discounts to men and women age 55 and older. This can help you save a substantial amount of money over time, and no one has to know you've started cashing in on your experience.

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GOOGLE+ FOR BUSINESS SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.

Google+ launched in June 2011 and quickly grew to 500 million registered users by December 2012. Even with the swift growth, businesses are reluctant to get on Google+ as they are unsure how to use it and wonder if it would make a strong enough difference for their business. But the best time to get on a social network is when it is relatively new and not yet widely adopted by users. Why? No one is judging your activity, such as how often you post or frequent the site. It's a great time to experiment, don't make it your main focus, but go on in, play around and have some fun!

To add to the fun, there are some great advantages for having your business on Google+. The biggest benefit is the unlimited SEO (Search Engine Optimization) opportunities.



Google+ is a part of Google, the #1 search engine, so all search results in Google will be influenced by your Google+ activity. What this means is by actively participating on Google+ and sharing your web pages on your Google+ page your business has a better chance at ranking higher in Google's search engine and will be found in more search results by your targeted audience. Having your business on Google+ is essential if you want to rank high in your local market search!

Another benefit is its networking potential; it is easier to reach industry leaders and other Influencers on Google+ as it is not yet so crowded. With a smaller audience this allows you to have conversations with influencers and nurture relationships which could eventually lead to business and will definitely add value to your business. Google+ Circles lets you sort your followers into categories and Google+ Hangouts is a unique way to meet and interact with your customers. Both these advantages provide you the capability to share your content more easily and more efficiently than on other social networks; you can choose to send it to your entire audience or specific circles, or schedule a meeting or impromptu gathering.

To get started on Google+ for your business, you can do so in 3 easy steps:

- 1) Create a gmail account
- 2) Access Google via your gmail and set up your personal Google account
- 3) Create your Google+ business page from your personal account

Once your business page is set up you are then ready to begin posting once a week to keep your activity level up for the search engines, start making connections, engage with others by clicking the +1 button, share other's posts and join in the conversation by commenting on content you find relevant. Do begin with a plan and have a goal, but most importantly listen to what others are saying about your brand!

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Connectability of Hearing Aids

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

It's fitting that as I write this month's article on the connectability of hearing aids, that I'm doing so from my new iPad, while streaming online music from my Pandora account, in stereo, directly into both ears, adjusted for both comfort and my hearing loss.

With more and more of us Boomers going lineless for our communications, being able to hear and communicate easily over a cell phone isn't a luxury, but a necessity. Using proprietary, ultra low drain communications protocols, all of today's major manufacturers provide an intermediary 'dongle' that converts their ultra low drain protocols to the widely used Bluetooth protocol allowing for connection between everything from your car to TV.

If, you're one of the growing number

who also need to be and stay connected with a greater world around you, we can help. We've some of the coolest gear that connects to a whole world beyond. Gear that allows you to stream your music, or cell phone hands free, and in stereo, while you go about all of those things that fill up your totally connected, busy day.

If, you'd like a free demonstration of how we can stream your cell phone, or iPad in stereo, hands free, drop by with any Bluetooth capable phone, tablet, or laptop you'd like to connect with.. We'll set you up for a free trial of Unitron's Flex, with Udirect2, the only truly open platform hearing aid fitting system on the planet.

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WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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F	S	T	C	V	R	Z	L	R	H	B	S	O	R	E
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M	A	A	P	E	X	I	V	H	P	W	V	O	J	A
S	H	V	Q	G	G	R	G	M	O	N	O	E	J	T
S	E	E	D	A	M	F	O	B	S	S	C	L	L	E
I	X	U	T	I	A	C	N	O	N	E	E	I	F	I
X	T	I	N	L	W	F	E	G	E	O	E	N	C	S
G	O	W	T	O	A	U	E	A	C	F	W	R	H	Z
N	A	B	D	F	G	A	R	D	E	N	S	R	T	X
L	X	U	M	O	K	I	G	E	X	H	U	B	B	F
T	A	J	X	D	R	B	B	C	U	B	D	Y	Q	T
T	U	W	W	G	Z	P	F	T	S	E	L	O	H	D
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(see pg. 12)

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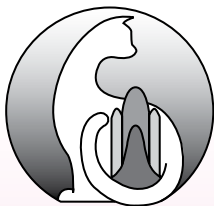
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Space Coast Feline Network

Friends of feral and abandoned cats

SCFN is dedicated to humanely caring for and controlling the feral and stray cat population in Brevard County.

To meet this mission, spay/neuter clinics are held monthly alternating between the South Animal Care Center (SACC) and the SPCA in Titusville. Every 3 months, an afternoon clinic is held at Animal Medical Clinic in Melbourne. Volunteers perform all tasks at clinics except the surgery which is performed by a veterinarian.

The organization is always looking for volunteers to help in the following areas:

Helpline Monitor
Spay/Neuter Clinic Volunteer
Trapper
Foster or Kitten Care
Clinic Transporter
Publicity
Feeder at Mims' Sanctuary
Fundraising
Clerical/Computer Skills

If you can give a few hours in any of the above areas, please contact the Helpline and provide information in which area you can help.

The Helpline number for spay/neuter appointments is 631-SPAY (7729). Monitors (all volunteers) take messages left by callers. Spay/neuter clinics are only for feral and abandoned cats. This number is NOT for calls to relocate or find homes for cats being given up for adoption.

www.scfntnr.org

Benefits of Spay/Neuter

By Michael Mendes

The reasons for keeping cats indoors, spaying, and neutering them are compelling and well known:

Prevents diseases and many behavioral problems that occur in unaltered pets, besides preventing more unwanted kittens, spaying and neutering your cat.

Overpopulation and the resulting mass euthanasia and neglect. There can never be enough good homes for all the puppies and kittens born, including purebreds.

Prevents unwelcome visitors fighting on the lawn, heat cycles, accidental pregnancies, unwanted kittens, inconvenience and expense.

Better-behaved pets – Spayed and neutered pets are less likely to spray, mark, or roam. They are less aggressive toward humans and other animals.

Healthier Pets:

- Females spayed before their first heat cycle have 96.4% less risk of mammary cancer. After the first cycle, the risk is 500 times greater.
- Spayed females have no risk of uterine infection or uterine, ovarian, or cervical cancer.
- Viruses, such as FIV and FeLV are spread by mating and fighting. Sterilization eliminates these behaviors.
- There are many complications associated with pregnancy. The risk of pregnancy and rearing a litter is far greater than the risk of anesthesia and spaying.

Each year more than 12 million dogs and cats, puppies and kittens, end up in America's animal shelters.

Whether lost, abandoned, or given up, most animals are the result of irresponsible ownership and uncontrolled breeding. Sadly, nearly 8 million of those animals are euthanized because there are not enough homes for them all. Millions more never make it to a shelter.

WHAT YOU CAN DO

If everyone in Brevard County became a responsible pet owner- keeping their cats indoors, sterilizing them, and not abandoning them- there would not be a feral cat problem in Brevard.

There are 3 low-cost spay & neuter facilities in Brevard:

- (1) SPCA in Titusville
455 Cheney Hwy
(269-0536)
- (2) United Humanitarians in Cocoa, 1431 W. Peachtree
(636-7002)
- (3) Florida Aide to Animals in Melbourne, 741 Creel St.
(242-9826)

These two clinics provide spay/neuter services for pets as well as ferals. They also provide "well cat care" for vaccinations and other health related conditions at reduced rates.

This facility provides spay/neuter services for pets as well as "well cat care."

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Teacher of the Year -Covenant Christian School-

Mr. Deming has been with the school for the last ten years, teaching upper level social studies classes and Spanish. He comes with a total experience of 23 years of teaching secondary students with a BA degree in political science from the University of South Carolina and a MA degree in Christian Leadership from Asbury University. In addition to his teaching, Mr. Deming is also the senior pastor at Melbourne Community Church and coach of the school's cross country and track teams.



Left to Right: Lori Mynheir , Gina Deming, Curt Deming, Ken Ingraham

Covenant Christian School is pleased to announce its 2013 recipient of
Teacher of the Year: Mr. Curt Deming

The Teacher of the Year selection is carried out through the discussions of a committee who carefully examine student, parent, and teacher nominations. The applicant must be known for his/her godly character, student compassion, relationships with staff/parents/and student, and excellent teaching skills.

Mr. Deming is known for his

calling to ministry from morning until night, known for his extensive knowledge of history, and his ability to multi-task between teaching and coaching, teaching and preaching, teaching and grading, teaching and disciplining.

His students adore him as he regales them with historical stories galore in a quiet voice not to be

reckoned with. Students flocked to his AP classes, not just because he is our historical expert, a Jeopardy champion to us, but because his passion for history is contagious and his love for the students is real. He is flexible, a mentor, witty, compassionate, loves the challenge of teaching upper level classes and the joy of seeing students succeed.

The CCS staff have watched him make a stand for righteousness even when it was difficult, choose not to say evil of another even when he was wronged, and give wisdom even amid foolish people. James 3:17 is

embodied in this wise man: "But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace reap a harvest of righteousness." We thank Mr. Deming for sowing here at CCS. We see his harvest.

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The Facts About Credit

Your credit score is one of the most important numbers you have. Not only does your score affect your interest rates when applying for a loan, it can also impact your insurance rates, certain job prospects and even your chances of renting a great apartment. As a result, improving one's credit has become a multi-million dollar industry.

What's Your Credit Score?

Your credit score indicates to lenders and other businesses how much of a credit risk you pose if they allow you to borrow money. The Fair Isaac Company (FICO) uses an algorithm that takes into account 30 different factors within your credit report to arrive at a score from 300-850. The higher the score, the better the credit risk you are to lenders. Other credit reporting agencies, such as Experian, Equifax, and TransUnion, calculate their own credit scores within their own ranges; however, the FICO score is the standard that lenders use when they pull your credit score. *Visit www.nabilcaptan.com for more info about taking control of your credit.

Improve Your Credit Now

Although it's easy to become obsessed with improving your credit score, especially if you're getting ready to apply for a loan, it's best to focus on improving your overall credit report. After all, a great credit history will help to boost your credit score.

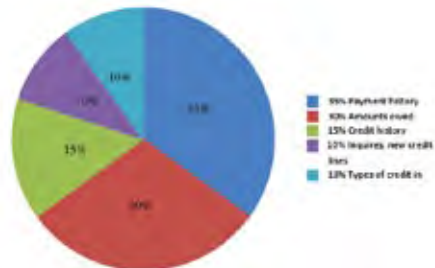
Review your credit report once a year. Type annualcreditreport.com directly into your address bar on your browser for a free copy of your credit report from each of the major credit reporting companies: Equifax, Experian, and TransUnion.

**Although many websites will promise you a free copy of your credit report, they may also try to lure you into credit-monitoring services that you may not need. Since you're entitled to a free credit report each year, you may not need to pay a third party to monitor your credit for you.*

Report any errors that you find. If you see a mistake, contact the credit reporting company in writing and be sure to include copies of any supporting documentation.

Eliminate any debt. Since reducing debt takes time, set short-term goals to tackle each debt, starting with the debt that has the highest interest rate. And once you've eliminated your debt, try to use less than 35% of your available credit.

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A foreclosure	7 years
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Chapter 7 bankruptcy	10 years (from filing date)

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SOMETHING SPECIAL IN MIND FOR US

CCM: One Church, Many Locations

When I was a girl, I was very artistic and musical. I begged and begged my parents for an instrument, but we really couldn't afford much. They asked me what I'd like to play, so naturally, being a kid and not understanding the implications, I asked for a piano. But my parents didn't want to mortgage the house; they were funny that way. So the answer was – "sorry honey, but no."

Next I tried for a saxophone – "too expensive." I thought about it some more, and decided that I really wanted to play drums – "too much racket." Finally I resolved to play guitar. After all, I reasoned, I could write songs and someday be on the Ed Sullivan show! In spite of this last idea, Mom and Dad agreed to buy one for me. It would be my responsibility to use money earned from odd jobs around the neighborhood to take lessons at the local YMCA.

My first guitar was a \$15 model from Sears. I was thrilled, but in time came to learn the full meaning of the adage "you get what you pay for." Not only was the fingering very difficult for a little girl, but the strings I could afford were not exactly the highest quality. It

felt like I was playing a coping saw! But I worked at it anyway, took lessons at the "Y" from a guy who evidently only knew how to play Beatles songs, and practiced. Oh, how I practiced!

Later, I saved babysitting money and bought myself a much nicer, higher quality instrument. I wrote songs, and even performed onstage, singing and accompanying myself. And still later, I moved on to some really nice electric guitars. My current one is a real beaut!

In time, I lost my once-agreeable singing voice, so that now I sound a little like a jackal baying over fresh kill. Nevertheless, in my heart of hearts, I wanted to do something special; I wanted to lift my voice to God. And doesn't Psalm 47:6 tell us to do just that? "Sing praises to God, sing praises! Sing praises to our King, sing praises!"

How I yearned to at least just play my guitar in the praise band at church. I



Susan Lockhart

learned though, that God had a different plan for me.

Something that I never in a million years thought I would be doing. In fact, I'm doing it right now! God called me to write, and to teach. How wise and all-knowing our God is! Wisdom and power belong to Him, we are told (Job 12:13.)

So now I want to glorify Him by becoming the best writer that I can be. I know that what God ordained for me is the perfect thing, because He said, "Before I formed you in the womb I knew you, before you were born I set you apart..." (Jeremiah 1:5.)

What a blessing to know that God has something special in mind for us all, even if it's not what we had in mind for ourselves. Jeremiah 29:11 says, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

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IT'S TIME TO PULL SOME WEEDS. HOW DOES YOUR GARDEN GROW?

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,
Certified Life & Strategies, Food Psychology Coach / Advanced EFT Practitioner

Last month I wrote about "planting seeds." The seeds will not grow unless they are watered and the weeds are pulled out of the dirt. You do want to have a nice "harvest" don't you?

Let's start with the "weeds". "Weeds are the negative thoughts, beliefs and actions we do that block our growth.

For example, are you:

1. Still smoking, overeating, indulging more in alcohol, not looking your best because you don't like how you look like or feel?
2. Trying to be Superman or Wonder Woman because you think that is what is expected of you?
3. Keeping your life, home, or business in in turmoil because you have too many other "things" to do?

4. Working harder, but producing less?

But, how do you fix it? **GET RID OF THE EXCUSES** and take **ACTION**.

The only one that can change these negatives into positives is **YOU** and stay in the present moment. Decide what "weed" you want out, and how you are going to get rid of it. Do it now!

What do I mean about "watering"? You can over water, under water, or not water at all.

For example, if you are:

1. Trying to be all things to everyone in your life, or do everything, or control everything, you are "over watering". It is wonderful to help, do and care, but you have to do for you first. Allow yourself to

let others do things. You **DON'T** have to do it **ALL**! If you don't care for you, the "seeds" will **NEVER** GROW.

2. The type, who waits for someone else to do something, or has a I don't care attitude, or pretends not to see what is really going on. You are an "UNDER WATER" person. Stop and take a look at what is going on around you, and what you are thinking. Where did you get this negativity from? Start trying to hear what people are saying, try helping out, and take a look at what is the real reason you are doing this.

3. If you just doing whatever comes at you at the present moment. That is **NO WATER AT ALL**. That can be fun for a time, but eventually leads to an **UNBALANCED LIFE**.

Just as it is in a garden, **BALANCE** is very important in life.

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We Want to Know Contest

In order to better serve you, our readership, we would like your influence on the direction of this publication. By answering the following questions you will be entered into a **monthly prize drawing to WIN a \$20 MASTERCARD!**



1. Where did you pickup this issue of *Spotlight Magazine*? _____

2. What do you like best about *Spotlight Magazine*? ☐ Advertisers ☐ Articles ☐ Contests ☐ All

Comments: _____

3. Have you visited SpotlightBrevard.com for our full monthly online publication? ☐ Yes or ☐ No

4. Have you "LIKED" us on FACEBOOK? ☐ Yes or ☐ No facebook.com/spotlightmagazinefl

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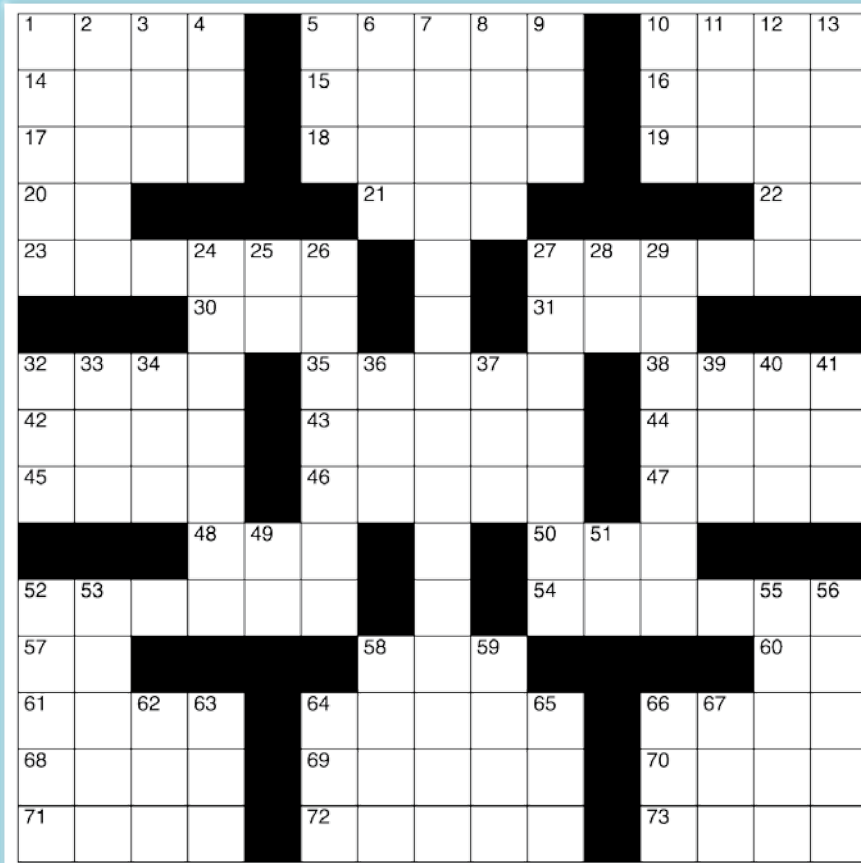
Save A Tree Subscription/Email address (optional) _____

Age (circle) 20 - 30 31 - 40 41 - 50 51 - 60 60+ ☐ Male or ☐ Female

No personal information provided to Spotlight Magazine in any of our contests will be given out to anyone!

MAIL TO: Spotlight Would Like to Know Contest, PO Box 1197, Melbourne, Florida 32902

Spotlight Crossword Puzzle



clues ACROSS

1. Leave out
5. Salt water candy
10. Suffragist Carrie Chapman
14. Northeastern Pennsylvania
15. Be in accord
16. 6th Jewish month
17. Young sheep
18. Mary mourning Jesus
19. Wolf (Spanish)
20. A public promotion
21. A lyric poem
22. City of Angels
23. Annual
27. Cinctures
30. Military mailbox
31. One and only
32. Rushed
35. Press onward forcibly
38. Apprehends
42. Guinea currency to 1985

43. Master of ceremonies
44. Swiss river
45. W. Samoan monetary unit
46. Los Angeles team member
47. Native of Bangkok
48. One point E of due N
50. The self
52. Humiliated
54. Disposed to take risks
57. Atomic number 13
58. Foot digit
60. Three-toed-sloth
61. Chopped beef and potatoes
64. Spanish appetizers
66. Crust-like healing surface
68. Mild yellow Dutch cheese
69. Slides without control
70. Add alcohol beverages
71. Showing
72. Medieval merchant guild
73. Current units

clues DOWN

1. Applied over
2. Gettysburg Union Gen.
3. Inches per minute (abbr.)
4. The bill in a restaurant
5. Draw on
6. Currency exchange fee
7. 19th C. Polish composer
8. A festival or feast
9. Affirmative
10. UC Berkeley
11. Rapid bustling movement
12. Dining, coffee or game
13. Region surrounding ancient Troy
24. Rad squared
25. An old phonograph record
26. Sang in a Swiss folk style
27. Guided the car
28. Exclamation of surprise
29. A senate member
32. Very fast airplane
33. Myanmar monetary unit
34. Right angle building wing
36. Returned merchandise authorization
37. "Rubber Ball" singer Bobby
39. Express pleasure
40. Women's undergarment
41. 3rd largest whale
49. Exist
51. The 4th state
52. Expressed pleasure
53. Cutting part of a knife
55. Civil Rights group
56. Makes taunting remarks
58. = 100 paisa in Bangladesh
59. American steam engineer James
62. Golfer Snead
63. Type of health insurance
64. Thyroid-stimulating hormone
65. Point midway between S and SE
66. Patti Hearst's captors
67. E. British University river

DENTAL CARIES PREVENTION: from the **Pediatrician's Perspective**

by Dr. Rachel Worley



Dental caries (cavities) are the most common chronic disease in children aged 6-19 years. Reportedly, one in seven 3 to 5 year-olds has untreated tooth decay. Having decay in baby teeth increases the risk of cavities in permanent teeth because the caries-causing bacteria are already present. Additionally, children who have had toothaches in the past 6 months were almost 4 times more likely to have a grade point average that was lower than the median.

PREVENTING CAVITIES:

- Avoid putting babies to bed with a bottle
- Introduce a cup at 6 months of age
- <2 years old: Clean teeth daily with a small brush or moist cloth.

- 2-6 years old: Clean teeth daily with a pea sized amount of fluoride toothpaste and a toothbrush. An adult should ALWAYS brush after the child until the age of 6.

- Regular dental visits should start at the first birthday. These visits are a time for evaluation of the child's current dental health as well as a time for education and discussion of caries prevention. Visits should occur at 12 months, 24 months, 30 months, 36 months, and every 6 months thereafter.

- Flossing: To remove the food and plaque in between teeth, parents should start flossing the child's teeth when the molars start to touch.

- Sugar: Avoid frequent snacking and juice in the bottle or sippy cup. The sugars in juice and simple carbohydrates (crackers, pretzels, and cereals) provide a food source to the bacteria in the mouth. The bacteria then create an acidic product which breaks down the tooth and leads to cavity development.

- Bacteria: Usually young children pick up the cavity-causing bacteria from their family members. Sharing

utensils and cups with children is discouraged. Caregivers should definitely not chew up foods for their infants/young children.

- Fluoride: Recommended dosage is 0.25 mg/day for children <3 years old; 0.5 mg/day from 3-6 years old; and 1 mg/day from 6-16 years old. If your child doesn't drink fluoridated city water, ask your doctor for a prescription for fluoride supplementation. Additionally, fluoride varnish may be applied to at risk teeth. Varnish has been found to reduce decay between 50 and 70%. Once applied, it helps the tooth restore surface enamel.

- Dental Sealants: These plastic coatings can decrease the risk of decay on biting surfaces by up to 89%.

- Xylitol: Available as gum, mints, chewable tablets, wipes, oral syrup, toothpaste, and rinses, xylitol has been shown to significantly reduce the caries incidence in young children and may produce a long-term effect. Recommended daily dose is 8 grams for effective prevention of early childhood cavities.

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These foods may help prevent cancer

Cancer is a potentially deadly disease that does not discriminate based on a person's age, sex, ethnicity, or social status. Though anyone can get cancer, the National Institute on Aging notes that a person's risk of getting cancer increases with age, even if that person has no family history of cancer. That reality highlights the importance of routine cancer screenings for men and women age 50 and older.

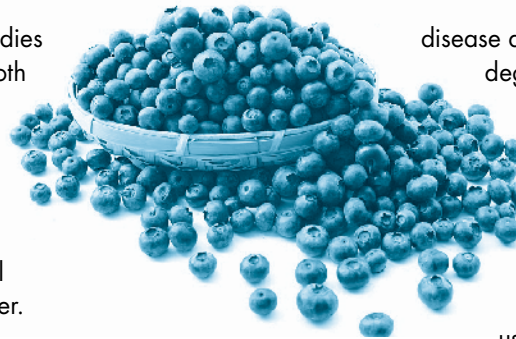
Blueberries: Blueberries may help prevent the onset of neck and mouth cancers. That's because blueberries are rich in antioxidants, which the American Institute for Cancer Research notes can protect cells from being damaged.

Coffee: Though studies about the efficacy of coffee as a potentially preventive agent against cancer are

ongoing, some studies have found that both caffeinated and decaffeinated coffee can lower a person's risk of developing colon, endometrial and prostate cancer.

Whole grains: Whole grains can help men and women control their weight, as they are lower in calories than more traditional options. But studies have shown that whole grains, which can be found in whole-grain and whole-wheat pastas, can also reduce your risk of colon cancer.

Tomatoes: Tomatoes are loaded with lycopene, a carotenoid that numerous studies have indicated can reduce incidence of cancer, cardiovascular



disease and macular degeneration. These studies have based their findings on tomato consumption and not on the use of lycopene

supplements, which may or may not be effective at preventing cancer. Cooked tomatoes can improve the body's ability to absorb lycopene, further enhancing its ability to protect the body against cancer.

Fatty fish: Fatty fish, including salmon, that is full of omega-3 fatty acids has been linked to a host medical benefits, including lowering a person's risk of cancer and heart disease.

PUZZLE [PG42] SOLUTION How well did you do?

O	M	I	T		T	A	F	F	Y		C	A	T	T
N	E	P	A		A	G	R	E	E		A	D	A	R
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D	E	M	O			H	A	N	S	E		A	M	P

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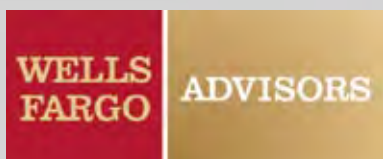
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