

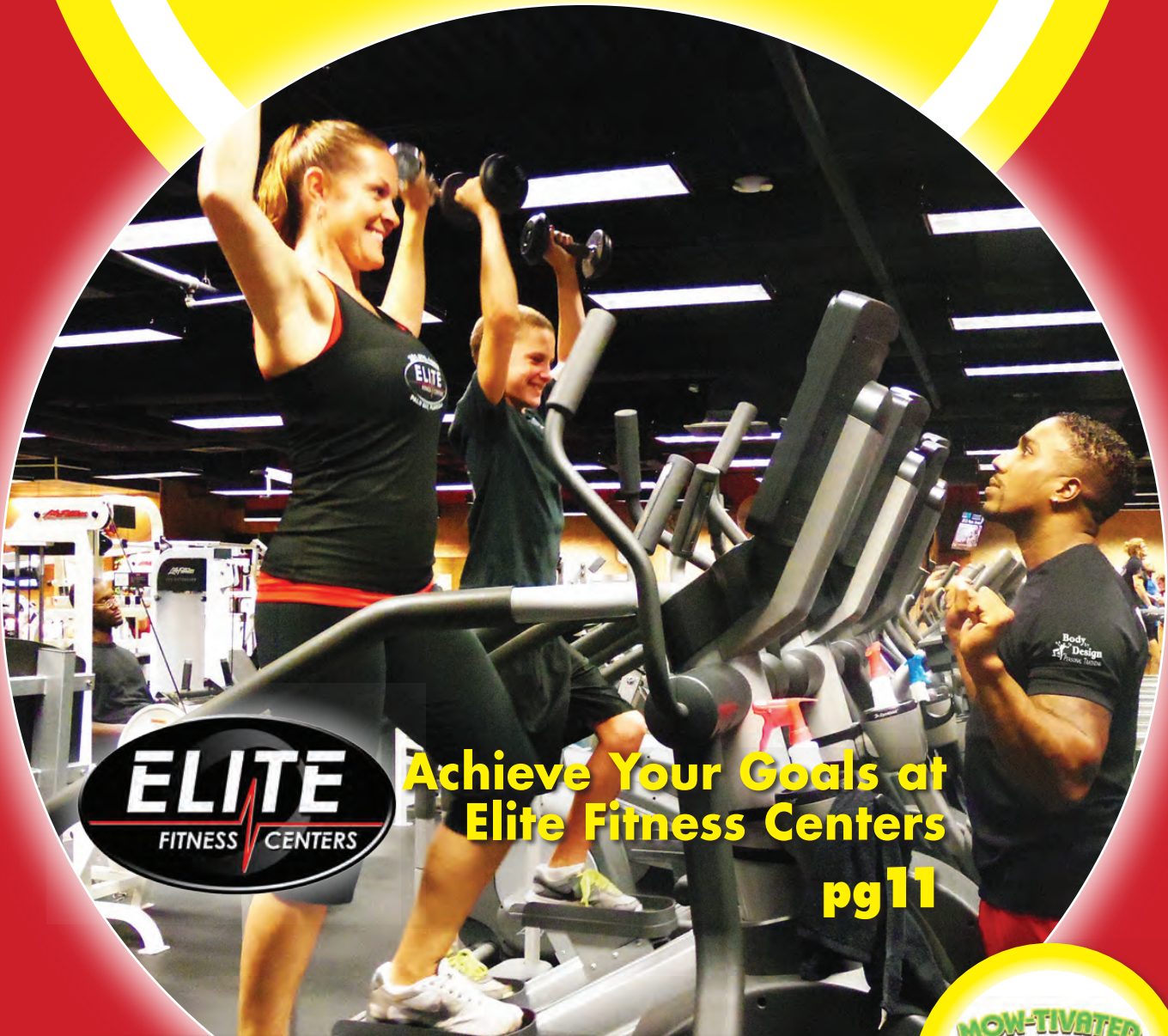
COMPLIMENTARY
august 2013

spotlight

Keeping You in the Light

MAGAZINE

SpotlightBrevard.com



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pg11

pg3 » Spotlight BUSINESS OF THE MONTH IS





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Mow-Tivated Lawn Maintenance Inc. is a professional, reliable, experienced lawn maintenance company that is fully licensed, insured and privately owned. Mow-Tivated has been in business since 2003 and we are a member of the Melbourne Regional Chamber of Commerce. The owner, Justin Kilmer, handles all aspects of his business including day to day interface with customers and assuring that every detail of your service is pristine.

Customer satisfaction is one of our key concerns and we will work with you to meet or exceed your expectations of a lawn maintenance company. We offer superior customer service and want you to be pleased with your lawn service and have the best lawn possible. Lawn companies come and go every year, but we are here to stay. We continue to build our business by offering great value to our customers.

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Commercial and Residential lawn maintenance is our specialty. Our standard residential monthly lawn service includes mowing, weed eating, edging and blowing. Additional services that can be provided to you as well include, but are not limited to, mulching, tree trimming, weed control, hedge trimming, planting, irrigation, fertilization and pressure washing.

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

I would like to begin this month's Note from the Publisher's Desk by welcoming our newest member to the Spotlight Magazine family. This young man has shown great potential for years, and is certainly no stranger to the values of this publication. His work ethic and upstanding moral character would make him an asset to any family; but he just happens to be a member of my family. I am exceedingly proud to introduce to you my son, Bryan J. McDonough.



Currently Bryan is learning what all is involved in running a business, and I am pleased to say that he has been doing great for his first couple of weeks. Realizing he is not yet twenty years old, we must allow him time to grow as a young man in many areas of his life and discover the many passions and skills that will guide him throughout his life.

Like many fathers, I only want the best for my child. I look forward to continuing to guide and support him in every way that I can. Even when you work with your dad, there is no "free lunch." It is important for him to find his own way and to discover who he is as a person. Should the day come when Bryan has the capability, passion, and the desire to run this company, I would be pleased to give him the majority of ownership.

For now, I thank you, our wonderful readership, for your many years of support and continuing prayers.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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August 2013 | Volume 16 | Issue 08

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Publisher / Editor
Bryan McDonough

Art Director
Rena Seibert\renadesigns.com

Ad Design
Richard Lewis

Contributing Writers
Larry Attig, Jim Campbell,
Dr. Deanna Carlisle, Cecelia Danas,
Bill Ford, Pam Mankowski,
Cheri Martin, Valerie Oliver,
Dan Taylor

Marketing Director
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inside the Spotlight

august 2013



pg 11



pg 15



pg 38

FEATURES

- Learn about the Woman Behind the Cure** 9
- Does your Fitness Center Help You?** 11
- When Dreams Become Reality** 12
- HealthFirst Opes New Center** 13
- Mastering Change** 29
- Unique Quilting Experience** 38
- Coffeetree Café** 43
- Big Savings with Little Joe** 44

departments

- "PUT THE SIGNS BACK UP"** 7
- SPOTLIGHT ON THE ARTS** 15
- SPOTLIGHT ON CHIROPRACTIC HEALTH** 17
- "EXPIRATION DATE IS..."** 19
- DEAR VAL,** 21
- SPOTLIGHT ON COOKING** 23
- SPOTLIGHT ON COMPUTING** 27
- SPOTLIGHT ON SOCIAL MEDIA** 31
- "BETTER HEARING ON A BUDGET"** 32
- "COYOTE ALERT"** 33
- "PEDIATRIC OBESITY"** 37
- "BALAAM'S DONKEY"** 39
- SPOTLIGHT ON LIFE COACHING** 41
- CROSSWORD PUZZLE** 42



bay west | church
is **MOVING**
on **August 11th!**

Goodbye & thanks to Heritage High School

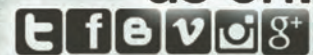
NEW location:

100 Emerson Drive
Palm Bay, FL 32907
(home of The Mission Church)

NEW time:

11am on Sundays

connect with
us on:



baywestchurch.org



PUT THE SIGNS BACK UP

by Jim Campbell, First Baptist Church of Melbourne

Years ago, while on staff at a church, another church put up some advertising signs on our grounds. I got frustrated...“Are they trying to steal our members?” Sad to say, I went and took the signs down. Later that day, it was like God called this thought to my mind “So, if someone saw that sign, went to that church, not yours, and became a fully devoted follower of Christ...is that a problem?” That moment was formative in my thinking about churches.

So when we started Bay West, I knew we wanted to approach every church in the area as if their success was ours. We’ve done things from recommending other churches to people in our services to doing radio advertising on ESPN just for other local bodies in Palm Bay. Our attitude is that we are helping “family”.

On August 11th, Bay West Church will begin a new level of “family” with a local church body. We will stop meeting at Heritage High School and begin holding our services at 100 Emerson Drive, in Palm Bay at 11am on Sundays, the location of The Mission Church (formerly known as Victory Christian Center).

After meeting Pastor Mark Ostrander of The Mission Church in a random meeting, within a few minutes of just “talking shop”, he caught me off guard by offering for us to come rent space in their church’s facility to meet. At Heritage, we only have 4 hours available to us a week. His price was “do what you can” and the opportunity to use their building whenever they weren’t using it. They have been letting other churches meet in their facility since their building was built, for whatever they could (or could not) pay, seeing it as part of their ministry in Palm Bay. They had a long time “co-habitator” moving out, so they had an opening. Without us asking, they offered to move their services to 10:15am to 9am, so that we could both have services on Sunday mornings.

Galatians 6:10 says “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” In our capitalistic society, churches can fall into the mindset that the church down the road is our competition, but we aren’t Burger King and McDonalds. John 13:35 tells us that the world will know we really follow Christ, not by the size of our church, but how we love others, specifically other followers of Christ... not just those who meet in our location on Sundays.

So, maybe someday, you might be tempted to “take down” the proverbial “sign” posted on your “territory”. Why not, instead, do

what you can to further what they are doing, because we are all on the same team. Put the “signs” back up, it might feel good...it did for me after that moment with God years ago.

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.



On August 11th, Bay West Church will begin a new level of “family” with a local church body. We will stop meeting at Heritage High School and begin holding our services at 100 Emerson Drive, in Palm Bay at 11am on Sundays, the location of The Mission Church.

There is no problem great or small,
our God can solve them all.
Don't be a victim; be victorious in Christ.
Through the Holy Spirit's guidance
and the Word of God (Bible), we seek
the power of God's Word to heal,
comfort and strengthen us to
have peace in the midst of our
everyday problems.

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**SCFN is dedicated to humanely caring for
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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

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.

Learn about the Woman Behind the 'Cure'

hundreds upon hundreds of women have battled breast cancer. Some have pulled through the disease, while others succumbed to the disease after a brave fight. Few people who have waged war with breast cancer are better known than Susan Komen, a name many instantly associate with the organization Susan G. Komen for the Cure, the most widely known, largest and well-funded breast cancer organization in the United States.

Susan G. Komen was born Susan Goodman in 1943 in Peoria, Ill. According to her sister, Nancy, Susan was the high school homecoming queen and a college beauty queen. After graduating from college, Goodman returned to her hometown and pursued modeling, eventually marrying her high school sweetheart, Stan.

Komen was diagnosed with breast cancer in 1977 after finding a lump that subsequent testing revealed was cancerous. Komen underwent a procedure called a subcutaneous mastectomy, in which the outside of the breast tissue was left intact, but the interior breast tissue was removed. The doctor who did the procedure assured Komen that she was cured. Despite urging her sister to get a second opinion, Komen was convinced she was safe. But within six months Komen found



another lump under her arm, and, by this point, it was evident that the cancer had spread. Doctors at the Mayo Clinic soon determined the cancer had metastasized to her lung and under her arm.

Komen underwent several different treatments to slow the progression of the cancer, including radiation and intense chemotherapy. However, the



cancer continued to spread and eventually her body developed a resistance to most of the medication. During treatment, Komen repeatedly spoke with her sister about her wish to make the entire breast cancer experience and treatments in the hospital more palatable for women, including improving the appearance of waiting rooms and treatment centers, and doing other things to help comfort those who would find themselves in similar situations in the future. Komen lost

her battle with breast cancer in 1980 at age 36. By the time of her death, Komen had undergone nine operations and three courses of chemotherapy and radiation.

Nancy Goodman Brinker then made it her mission to do everything she could to help end breast cancer and increase awareness of this potentially deadly disease. In 1982, Brinker established the Susan G. Komen Breast Cancer Foundation in her sister's memory. Since its inception, the organization, now called Susan G. Komen for the Cure, has provided funding for basic, clinical and translational breast cancer research projects. It also has become instrumental in breast health education and urging women to do self-screening while promoting annual mammograms. Through the years, the foundation has teamed up with many well-known businesses, brands and organizations as part of its fundraising efforts. To date, the organization has invested \$750 million in breast cancer research, awarding many thousands of dollars in grants in countries around the world.

Through her struggle with breast cancer, Susan Goodman Komen unknowingly inspired an organization that has helped to save the lives of millions. Learn more at ww5.komen.org.

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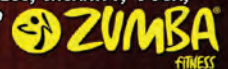
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Does your Fitness Center Help you Achieve your Goals?

by Matt Carver

Whether you are the muscular guy at the gym who is always reaching for the 150lb dumbbells or the super-lean girl racing the treadmill, don't be intimidated. Everyone had to walk in the gym door for the first time and start somewhere.



These examples, and countless others, were not born with superb musculature or stamina. Even with the benefit of genetics, these qualities take time, work, and dedication. For so many people, it is easy to develop bad habits, i.e. poor form, along with the good habits. Unfortunately, this can often lead to set backs from injury, lack of progress towards your goal, or apathy towards simply coming in.

It is important to take the time to make sure your fitness center will offer the amenities you need to set yourself up for success. Childcare, to make sure you have proper attendants for your little ones, can sometimes cost extra, so make sure to check with the counselor you're touring with. Group classes that create an inviting, accountable, atmosphere to continually draw you in are a great amenity that not every company provides. It is important to check for a wide variety of classes so that you can transition levels and focus, and get a good mixture to keep you motivated. 24 Hour access is a rare but surprising treat in that whatever your schedule is, you're still able to get gym time in the hours that you have available. We believe that the number one amenity towards success is a fitness center's staff. The knowledgeable,

caring, dedicated staff can make all the difference in seeing the results you crave.

At Elite Fitness we include all of these amenities with your basic monthly membership, and we go the extra mile in cooperation with our exclusive personal training company, Body by Design. Once you've signed up, you get a FREE Personal Training Orientation. The nationally certified trainers review your current fitness levels, your goals, and any obstacles you face; then direct you with proper exercise techniques and a dietary foundation.

Body by Design is a company that works with men, women, and children of all ages and fitness levels. Their clientele can include anyone from competitive bodybuilders, athletes, business professionals, students, and homemakers- anyone interested in improving their health, vitality, and appearance. With trainers that offer a wide range of expertise and training styles, Body by Design can offer focus on specific target groups such as seniors, pre- and post-natal women, diabetics, cardiac and stroke recovery, and various other physical injuries. Body by Design has one philosophy: one size exercise



does NOT fit all; and they strive to honor this with a plethora of trainers focused on maximizing your results.

Know that with us, training is about your goals, your trainer, and your choice. All the options we offer will guarantee that you can find the right trainer's personality and technique to fit you. Body by Design wants to see you succeed and they even offer payment plans to make sure it will fit into your budget!

Remember that regardless of your current fitness intelligence, it never hurts to have input from a professional mind. As Plato once said, "I am the wisest man alive, for I know one thing, and it is that I know nothing." So if you're at a plateau and can't get past it, want to improve your current condition, or are simply starting up, give us a call. We're happy to help.

Reach Elite Fitness Centers for membership information or Body by Design's nationally certified Personal Trainers at 321-676-1002. Or stop in for a tour; risk free, at 280 Corporate Way Se Palm Bay FL 32909. Visit us online for blogs, videos, and more at www.elitefitnesscenters.com or www.bodybydesignFL.com.



Marquis Campbell When Dreams Become Reality

While attending college in Tallahassee, Florida, Marquis Campbell was diagnosed with retinal tears in both eyes. It was at this time that the importance of life's many fleeting images was realized. Shortly after returning to Palm Bay, Marquis established a friendship with one of his high school graduation presents, a 35mm Nikon N2000 camera given to him by his parents. Soon the two would become inseparable as he started getting serious about capturing images.

During the summer of 1998, several of his friends and loved ones who he had photographed, passed on to a higher place. After their passing, numerous requests for photographs were made by their families. That is when he realized the importance of his gift of photography and its powerful ability to stir emotions and impact generations.

Marquis Campbell Photography was founded in July of 1999. Since that time, he has realized that the world is his incredibly large studio, complete with awesome lighting and amazing backdrops. Marquis is married and realizes that without the favor of his Lord and Savior Jesus Christ, his dream of becoming a professional photographer and husband would never have come true.

"My goal as a portrait photographer is to fill the void left behind by Master Painters of a century ago. I cherish the opportunity to create images that will stand the test of time."

Each portrait study is an adventure, exploring the unique character and personal strengths of my sitters. My love of people and deep interest in the human experience is the hallmark of my work. It's not ONLY about how you look; IT'S ABOUT WHO YOU ARE.

Our motto at Marquis Campbell Photography is Some Things Are Priceless and we celebrate Life, Love and Relationships through photography."

Marquis Campbell was awarded the Kodak Gallery Award and First Place in the Advertising Illustrative category from the Florida Professional Photographers convention in 2010 for his portrait titled, "Father Forgive Me." In August of 2011, with the support of his family, friends and clients his dream of opening a pet-friendly portrait studio was realized. Marquis Campbell Photography is located at www.URpriceless.com and 4195 West New Haven Ave Suite #5 in West Melbourne, Florida. Marquis Campbell Photography specializes in Relationships, High School Seniors and Precious Pets.

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HealthFirst Opens New Center for Fracture Care & Joint Replacement

Health First is pleased to announce the opening of a new Center for Fracture Care at Health First Holmes Regional Medical Center and the Center for Joint Replacement at Health First Viera Hospital.

Center for Fracture Care at Health First Holmes Regional Medical Center:

The new Center for Fracture Care at Health First Holmes Regional Medical Center, will help prioritize specialty care for people who experience fractures. The Center's surgeons, physicians, physicians assistants, nurses and therapists all work together to maximize outcomes. The Center is located on the orthopedic floor which has 47 beds—6 of which are dedicated to fractures. This is the only fracture center in Brevard County.

"This program represents a significant step forward in the care of injured patients here in Brevard County,

especially our growing elderly patient population," said Health First Medical Group fellowship-trained orthopedic traumatologist Dr. Daniel Segina. "Our goal is to prioritize the patient's orthopedic fracture repair. We can then provide early initiation of physical and occupational therapy. This allows for quicker functional return and improved patient outcomes."

For more information about the Center for Fracture Care at Health First Holmes Regional Medical Center, call 321-434-7000.

Center for Joint Replacement at Health First Viera Hospital:

The new Center for Joint Replacement at Health First Viera Hospital, includes a comprehensive program to educate, assist and support patients having joint replacement surgery (which includes hips, knees and shoulders). This includes classes prior to surgery so patients know

exactly what to expect before, during and after joint replacement surgery. Specially trained staff members work exclusively in the unit. The Center is 17,714 square-feet and includes a 10-bed orthopedic unit dedicated to high quality, compassionate care in a safe, healing environment.

"The goal of the program is to give patients the knowledge and tools to make the transition from hospital to home as smooth as possible," said Health First Medical Group fellowship-trained orthopedic total joint specialist Dr. Kenneth Sands. "This new program has a customer service and 'wellness' focus."

The Center for Joint Replacement is also located at Health First Palm Bay Hospital, which opened in 2011. For more information call 321-434-9131. www.Health-First.org.

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GET IN THE ACT SPOTLIGHT ON THE ARTS

by Pam Mankowski

Summer camps have been successfully completed and Stage 1 Stars is ready to have the fall classes get into full swing.

especially The ongoing classes are set up to give each young actor an age appropriate training experience in a small class setting. Each class will have a presentation for family and friends to showcase the individual talents and skills gained during the class time frame. The Fall classes will have their presentations during the first two weeks of December.

Attending theatrical training classes will help in building confidence on stage, character development, script analysis, audition preparation and more. The training can help adults and children with any of their goals for the stage or public speaking. In the past, our instructors have worked with actors, singers, poets and people from the business community to help them bring the very best to their 'performance'.

The following information will give potential actors a brief overview of our goals for the specific age groups.

Beginning Class: *This class is developed for actors*



from ages 4 - 6 years. Instructors use exercises to help build language development skills and the use of creative dramatics in order to create original scripts based on well-known nursery rhymes, fairy tales, or other stories and books.

Primary Class: *Developed for actors in grades K - 2nd, the actors will experiment with script writing using characters from history and literature. Crafts include making props, masks or puppets to enhance group theatrical presentations. Group cohesion and social interaction is an important function of this class.*

Youth Class: *Actors in grades 3rd - 5th use improvisation to create characters and scenes. The use of Mime helps students to recognize the correlation between body language on stage and the real life experience. Working with scripted materials helps to improve memory and teaches ensemble acting skills. Tween and Teen Class: Emerging actors in the 'Tween Class (4th - 7th grade) and Teen Class (6th - 12th grade) are ready for the challenge of developing pre scripted scenes and acts to showcase their individual talents while working with an ensemble for a polished final product. Theatrical warm up exercises continue to challenge their creative energies to help in the character development portion of the experience. Use of challenging scripts helps each one increase their skills while broadening their own talents.*

THEATRICAL & VOCAL TRAINING

Pam Mankowski, Director/Instructor

Evanne Floyd, Instructor

Lauren Maleski, Film Acting/Personal Coaching

For Ages 4 Years thru Adults

- Provide children with opportunities to communicate and creatively express thoughts and emotions
- Develop and enhance language skills through creative dialog
- Develop confidence and self expression through mime, music, and movement and improvisation
- Using costumes and props to present original and/or scripted works to family and friends
- Develop group cooperation and participation in ensemble performance.

Stage 1 Players

- Pre-school through Elementary School
- On-site Summer Programs, call for details

Ongoing Vocal Classes

- Develop the basics of music including rhythm, pitch, music notation, diction, posture and vocal blending

*Drama Queens
& Class Clowns
sign up here!*



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BACK TO SCHOOL NUTRITION SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

As a new school year approaches, I want to remind parents of the important role nutrition plays in assuring kids a successful school year. Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Running out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and (hopefully!) getting good grades, kids will not be paying much attention to the proper nutrition needed to accomplish all of this.

We have often heard it said that breakfast is the most important meal of the day, yet 35-40 percent of all Americans skip breakfast. The statistics for children are just as alarming, as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Start with a healthy breakfast. For children and teens a morning meal is especially important to

prepare them to meet the



challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination... and kids who eat breakfast have fewer hunger induced stomachaches and are less likely to be overweight.

As for lunch, meals served at school contribute significantly to kids overall nutrient and energy needs. Do you know what they are eating? School meals are usually regulated through the U.S. Department of Agriculture (USDA). Through USDA guidance many schools are improving the nutritional quality of lunch and designing the meals to supply about one-third of a child's nutrition needs.

Parents can play a role in helping a child choose healthful meals in several ways. Keep the school lunch menu in your kitchen, go over it with your child, and talk with your child about making choices in the cafeteria line. Get involved and work with school staff to form a parent advisory committee for the school food service program.

If your child prefers to brown bag it to school, let your child help plan and prepare school lunches. When they're involved, chances are they will resist trading their carrots for cookies. Pack meals that are easy to prepare and fun to eat as well as nutritious. A few examples are sandwiches, raw veggies, crackers, string cheese, whole fruit and yogurt or pudding.

Finally, for after-school snacks choose foods that supply needed nutrients that can be missed in meal choices. Stock up with ready-to-eat fruits and vegetables, animal crackers, popcorn and cereal. Your child will appreciate the availability of quick healthy snacks.

Proper nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthful lifestyle habits that will benefit them for the rest of their lives.



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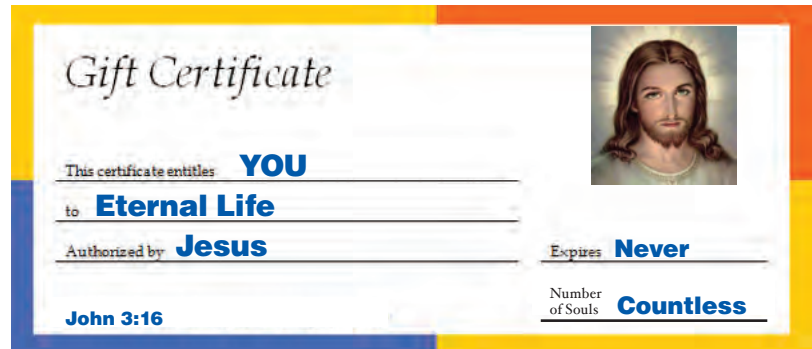
EXPIRATION DATE IS . . .

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

At Christmas we received a gift certificate to a seafood restaurant unfamiliar to us. A quick Google search revealed the closest restaurant was about an hour away. The calendar was busy with all the Holiday festivities, so I put the certificate on the desk for that time when things slowed down.

I would see that white certificate every time I sat at the desk and think we should probably make the drive before it expired, but life prevailed and we never got around to it. One day while reading I needed something to mark my place quickly and the most convenient thing was the gift certificate. So I grabbed it, barely getting it in the book before I closed it and put it on the shelf.

A few months ago I opened that same book and that certificate slid out on the desk. Even though there was no visible expiration date, it had to have expired by now, so I



put it back in the book.

Recently some friends mentioned they were going to that same restaurant. Jokingly I asked them to check on how long gift certificates would be accepted. I really never expected them to ask, but when they called the next day I was prepared to hear ... congratulations, you have an expensive book mark.

Sure enough, most gift certificates were seasonal promotions and valid for up to 12 months. However, she continued, if I happened to have a white certificate ... there was no expiration, it was valid anytime.

I got excited! Not only could I cash in my certificate for dinner, but what a great spiritual application:

Give thanks to the Lord, for he is good! His faithful love endures forever...

Read through Psalms 136 you will notice almost every verse includes the words...

Give thanks to the Lord for _____... His faithful love endures forever.

—1 Chronicles:34

Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow.

—Psalms 51:7

Every person has been given the opportunity for:

A white gift certificate with no expiration date... all we have to do is accept it.

There really is no reason to wait.

And yes, Becky and I enjoyed a great seafood dinner with a beautiful water front view... 9 years after the gift was given.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we are all
God's creation."

"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 Readers,

In lieu of the recent Zimmerman/Martin controversy, I'm asking readers to pray for: the safety of George Zimmerman, and his family, and for God's comfort for the loved ones of Trayvon Martin. The loss of a child is one of the most painful trials a parent can face. In addition, I ask you to pray for the fools who've exploited this tragedy for no other purpose than to incite hatred and provoke racial tension through irresponsible reporting and disingenuous rhetoric.

The following quote was taken from an address given by Martin Luther King Jr. in Montgomery, Ala., December 31, 1955.

"If you will protest courageously, and yet with dignity and Christian love, when the history books are written in future generations, the historians will have a pause and say, 'There lived a great people—a black people—who injected new meaning and dignity into the veins of civilization.'"

When the disciples asked Jesus, "Teacher, which is the greatest commandment in the law? Jesus replied, "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself' All the Law and the Prophets hang on those two commandments" Matthew 22: 36-40 (NIV).

Is everyone considered a child of God, even non-believers?

—Angela of Palm Bay

Dear Angela,

The Bible says we are all God's creation. "For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; your works are wonderful, I know that well" Psalm 139:13-14 (NIV).

On the other hand, unless we are born again, we are not God's children. "But to all who did receive Him (Jesus), who believed in His name to become children of God, who were born, not of blood nor the will of the flesh nor of the will of man, but of God" John 1:12 (ESV). To become a child of God, we must choose to follow Jesus, repent of our sins, and ask Him to be our Lord and Savior. His will is that—none should perish. "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life" John 3:16 (NIV).

I was baptized as a baby, with three drops of water, as was the custom of the church of my childhood. I've since learned that baptism is supposed to be a public profession of faith and a baby's too young to understand. I'd like to be baptized as an adult, but I'm embarrassed to tell my pastor that I'm terrified of the water. I can't swim, and if a wave hits me, I could break my hip (I'm eighty-eight).

—Florence of Melbourne of Melbourne

Dear Florence,

Although total submersion is customary, it's not mandatory. My church typically holds baptisms in the ocean during the summer months, and heated pools during the cooler weather. There's no reason you can't stand in the shallow water, of a pool, as water is poured over you. Don't be afraid to discuss this option with your pastor; I'm sure he'll be happy to accommodate you.

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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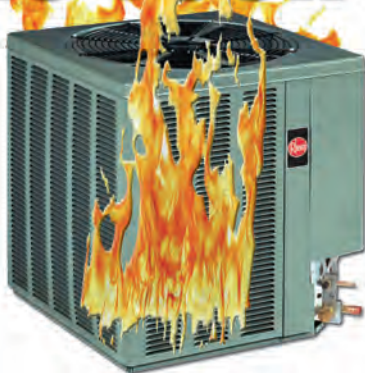
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THOSE HOT SUMMER DAYS SPOTLIGHT ON COOKING

by Cecelia Danas



It's too hot to cook you say!

Get the crock pot out! This is a meal to enjoy on these hot days. Add a salad and a cold drink and you have a delicious dinner! Remember — Be Creative!

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

Italian Potted Steak

2 1/2 pounds beef boneless round steak	1 jar (26 ounces) tomato pasta sauce (I use heart healthy Prego)	1 medium zucchini, cut lengthwise in half, then cut crosswise into slices (about 1 cup)
1/2 teaspoon seasoned salt	1 package (9 ounces) refrigerated cheese-filled tortellini*	
1/4 teaspoon pepper		
1 medium onion, sliced		

1. Cut beef into 6 serving-size pieces; sprinkle with seasoned salt and pepper. Layer beef and onion in 3- to 4-quart slow cooker. Pour pasta sauce over top.
 2. Cover and cook on Low heat setting 8 to 9 hours.
 3. wAbout 20 minutes before serving, stir in tortellini and zucchini. Increase heat setting to High. Cover and cook 15 to 20 minutes or until tortellini are tender.
- *If you don't eat pasta leave it out. I cook brown rice separately.

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TIPS FOR SOCIAL MEDIA POSTINGS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

If you're like most small business people, you understand how important social media can be to your business, but finding the time is one of the biggest challenges.

The cure for most people is to simply connect all their social media accounts together so that they only have to post in one place. From an efficiency standpoint, this is a good idea; from a relevance standpoint, this can be a really bad idea.

Before I give you some suggested tools, I think it's important that you have a basic understanding of the differences in what I refer to as the big three of social media for business: Twitter, Facebook and LinkedIn. Each of these networks has a different type of audience and a different structure for creating posts.

Twitter is all about engaging with new people that have similar interests. It also has its 140 character limitation, which should actually be viewed as 120 maximum so others can easily retweet your posts. Short, intriguing headlines with a clickable link tend to be the most compelling posts.

Facebook pages are about building

a community around people that have a connection to your business; your customers, employees, vendors, friends, etc. and their friends. Pictures and questions tend to create the best engagement on Facebook. Articles or information about Facebook will also tend to get a lot of likes, comments and shares, but may or may not be relevant to Twitter or LinkedIn users.

LinkedIn is specifically about talking to other business people. With its recent changes, LinkedIn has a very similar look and feel to Facebook. But don't let the formatting of the posts lull you into thinking that everything that you post to your Facebook page is relevant to your LinkedIn audience.

The best way to signal to the world that you aren't really paying attention to your social media is to treat it like a one-way broadcasting system to automatically post the exact same content, in the exact same way, on all your accounts. It's especially bad if all you do is post marketing pitches and never actually have a conversation with anyone.

So before you just decide to post



everything to everyone on all of your networks, take a minute to think about whether what you are about to post is actually relevant to all three networks and if the formatting of the post is relevant. Twitter-speak on Facebook isn't a good mix for instance.

One of my favorite tools to make working with the big three really efficient and to allow me to be flexible with each post is a free service called Buffer. Buffer's interface allows you to post to any one, two, or all three of the networks from a single interface via a desktop or mobile device. But what makes Buffer a real gem is that it allows you to cue up or 'buffer' a bunch of posts to whichever networks you deem relevant and it automatically posts them based on a schedule you setup.

Instead of having to remember to post at certain times of the day to increase the chances of connecting with your networks, you can take some time at the beginning of the week and schedule your entire week's posts to each of the networks. If you run across an interesting thing to post, you don't have to bookmark it and remember to post it later; just Buffer it! To make it even easier to buffer content, get the Chrome, Firefox or Safari browser extensions so all you have to do is click on the Buffer icon when you are on a website that you want to share. Every post that gets scheduled includes analytics of how many people engaged with your information so you get a better understanding of what your networks care about.

There are a host of other great tools that are more sophisticated such as HootSuite and Social Oomph but if you're just getting started, the simplicity of Buffer is pretty hard to beat!

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Mastering Change

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most transitions is essential. It is often amazing how brief cognitive behavioral therapy (changing your thought patterns, leading to developing new behaviors) can help you in the journey. The utilization of progressive relaxation recordings, which we make in our sessions, can help with numerous issues.

Affirmations change negative outlooks to positive, and support from a nonjudgmental therapist often can make a great difference. The therapy also may include specialized



skill building including: improving parenting skills, building assertion, the use of tough love, and growing your self-esteem/confidence. Learning how too much giving enables others to be too dependent and is crippling to that other person's self-development is also important for some.

My goal, as a therapist, is to help people find 'their own' paths and often that can be very different from the expected path. Many times I find clients followed the path somebody else laid out for them, and then wonder why they are so unhappy. We all wanted lives full of "happily ever after", but realistically we know that life is full of ups and downs, and the unexpected. Some life events can devastate us.

Happiness does not come from others as there is no perfect person, perfect income, perfect location, or perfect life. We make our own happiness and sometimes need skills to know how to accomplish that. Eating right, exercising, doing something that gives you a sense of purpose, recognizing and getting help for addictions (as we do need to be able to take control our actions and decision making) and having a good support system (if not family, then finding happy, well-adjusted friends) is crucial. If you have 'toxic' people in your life, it's important to find the strength to rid yourself of them (or set better boundaries). Learning the power of "no" when we are taught to always "give" is difficult but also can be very freeing and healthy.

My challenge is to help others find and realize that endings and changes can also lead to wonderful, new beginnings. Life can be tough and it isn't always fair but you can find peace.

A good therapist should be able to help you in finding your best way to a happier, more fulfilling life.

Michelle Sharpe

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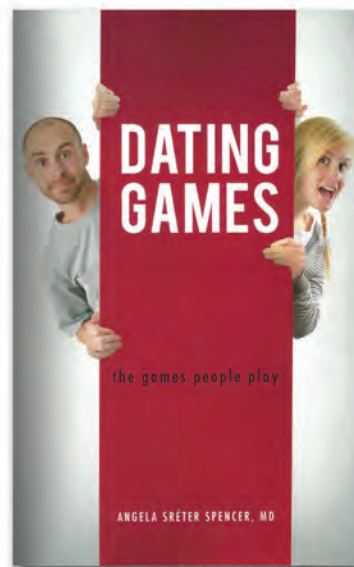


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CONTACT – CONNECT – COMMUNICATE

SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.

Have you been connecting with colleagues on LinkedIn but are unsure of how to keep track of your connections or how to use the information gathered to build stronger relationships with your connections? There is a NEW feature on LinkedIn that is gradually rolling out for those that use the English version of the site; it is the 'Contacts Feature'. This new feature will help you with your account by organizing your relationships, it is like having your very own 'virtual' personal assistant, assisting you in keeping in touch with all your contacts, and for those of us that have a large contact list (500+), this is huge as it will allow us to be more efficient in our communications.

LinkedIn Contacts is a web and mobile application (ios) that provides you the ability to gather all your address books, emails and calendars from other sources and keep them up-to-date in a central location. Stated on Wired.com, "LinkedIn has no intention of pulling contacts from

Facebook or Twitter, since it wants to remain focused on your professional relationships first and foremost." Currently the app is only available for iPhone (iPad) however Android users don't be alarmed; there are plans to launch the Android app in the near future.

The purpose of LinkedIn Contacts is to boost relationship management. Social media is all about engagement and with the new Contacts tab it is easier than ever to carry on conversations with your network, even re-engage with those contacts that you have lost touch with. You can be alerted to your networks activity, such as job changes, announcements, birthdays and events, as well as set reminders and notes about key contacts in your network. The app can keep you informed of recent conversations by automatically pulling details from your notes placed in a contact's profile. Be assured that LinkedIn uses an algorithm to safeguard so only real people show up in your contact list.



The purpose of LinkedIn Contacts is to boost relationship management.

So, how do you get started with LinkedIn Contacts? Go to the LinkedIn Contacts page at <http://contacts.linkedin.com> and click 'Get Started'. Once you opt into the new Contacts feature you are unable to revert to the older address book, but trust me you won't want to!

For those of you that are already using the new Contacts, I would enjoy hearing what your favorite feature is. Please LIKE me at www.FB.com/wcninteractive and share your thoughts on the timeline.

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Better Hearing on a Budget

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Like a lot of folks who we help, our featured patient this month, Ms. Mickey Sheehan knew she needed hearing help, but thought she couldn't afford it. Mickey owns, and operates Mickey's Barber Shop, at 910 West New Haven Avenue in Melbourne. She was having increasing difficulty hearing not only her customers, but even some of her tools, and appliances. But, like so many of us, her expectations were that quality hearing help was beyond her budget.

Luckily, one of our patients was also a customer of Mickey's. While cutting his hair, she noticed his hearing aids, and asked him about them. Well, Mr. Jack Lake is one of our favorite patients. He was glad to share his experiences with her, and recommended that she come see us.

When she came in, we listened carefully, as Mickey explained her situation. Within an hour she was amazed with how well she was hearing with her new hearing aids, and how we'd been able to fit them into her tight monthly budget using CareCredit.

Since then, Mickey has also become one of our favorite patients as well. Helping us to dispel the misconceptions about affordable hearing help, Mickey has, also referred several other folks to us for help on a budget.

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WORD SEARCH: Solve the Puzzle and PLAY to WIN!

Barbecue How many things can you find that have to do with barbecue?

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(see pg. 23)

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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

Coyote Alert!

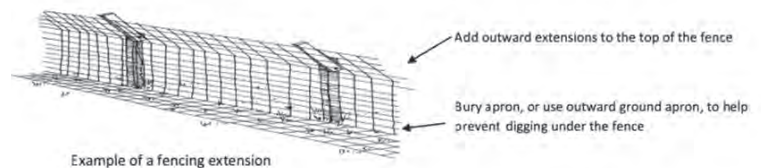
By Michael Mendes

Coyote's have been confirmed in Brevard County.

One attack on a human has been documented, but I would like to report on the danger to pets. Caregivers in North Merritt Island and West Cocoa have reported feral cats disappearing from colonies. Sadly one colonies in Merritt Island was completely wiped out. Coyotes eat almost anything: garbage, birdseed, fallen fruit, cat food etc. Can you think if any or all the above can be found in your yard? Coyotes are also predators, they may be drawn to a neighborhood due to the smells of fruit and garbage, but if they find a small animal they will hunt and kill it. Coyotes generally hunt and feed in the dawn and dusk hours, but be alert that they can be out there all night.

First and best way to protect your animals is to bring them inside. This may not be feasible with a feral colony, so the next best will be to contain your colony with a cat fence. A cat fence can be costly up front, but in the long run it is every caregivers dream to have a colony that they don't have to worry about, like neighbors, county officers, and now, coyotes.

There are many reasons you may not be able to put up a cat fence. If this is the case you can still use deterrents and precautions to offer your colony the most safety possible.



Coyote Deterrents/Precautions:

Soaked Rags Cologne, Ammonia, Vinegar, and Cayenne Pepper all deter coyotes for various reasons. Soak rags in the assorted fluids and leave them around the colony area, (must be re-applied after rain).

Remove Food We have always recommended that you remove your feral cats food to comply with the Florida Fish and Wildlife's rules. Now it is at the safety of your animals. Coyotes are attracted to the food that is left out, and will return for it once they learn that it gets refilled.

Old Radio Leave an old radio on to a talk or news station. The human voices will un-nerve the unwanted wildlife.

Motion Sensor Lighting Inexpensive, but hard to locate in most colonies due to the power needs.

Coyotes are a new issue in central Florida, but not to the U.S. A quick Google search will provide much more information on habits, habitats and deterrents to aid you in protecting your pets and colonies from this new hazard.

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Pediatric Obesity: **A WEIGHTY ISSUE**

by Dr. Rachel Worley, MD, FAAP



As publicized by national media, there is an obesity epidemic in our country that parents and pediatric healthcare professionals must address. Obesity is defined as a body mass index (comparison of height to weight) that is greater than the 95th percentile and it is the leading cause of premature mortality in the United States. Studies have demonstrated that obese children and adolescents are more likely to remain obese as adults. Additionally, these children are at an increased risk of developing serious health consequences including high blood pressure, diabetes, high cholesterol, heart disease, and stroke. Furthermore, these children have a higher incidence of significant psychological and behavioral problems.

Experts believe that obesity is easier to prevent than to treat, which highlights the importance of addressing healthy diet and exercise before the problem develops. The American Academy of Pediatrics has established a 5, 2, 1, 0 public education awareness program to help guide parents and children. The daily recommendations include 5 servings of fruits or vegetables, 2 hours or less of screen time (TV, computer, video games), 1 hour of physical activity, and 0 sugar sweetened beverages. In addition to these guidelines, parents are encouraged to teach children proper portion sizes for their smaller bodies. In my clinic, I teach children to use the palm of their hand as a guide for an appropriately sized serving of meat and to use their

fist as the guide for an appropriate size portion of starch. I teach my patients that their plate should have one portion of meat, one portion of starch, and the remainder should be fruits and vegetables.

Although a healthy diet is the most critical aspect in obesity prevention, the importance of exercise must not be overlooked. In addition to contributing to ideal body weight, physical activity encourages development of a positive self image, creates a protective HDL cholesterol level, helps establish good sleep hygiene, and is the appropriate outlet for childhood hyperactivity. Hence, children should aim for an hour a day of cardiovascular exercise.

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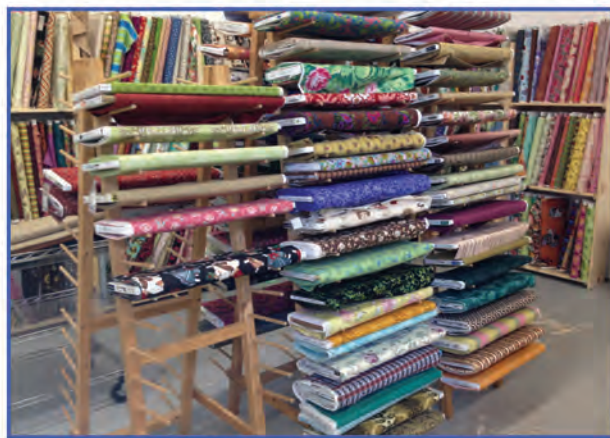
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BALAAM'S DONKEY

CCM: Together, doing life RIGHT!



Yesterday, I was sitting around, contemplating all of God's miracles in the Bible, when the story of Balaam's donkey sprang to mind (Numbers 22:21-39). You know, when the Lord opened the donkey's mouth, and it said to Balaam, "What have I done to you to make you beat me these three times?" [Note: sounds like my kids. Um, that was a joke, by the way.] Then Balaam proceeds to have a conversation with it.

I was thinking that probably I wouldn't be having a conversation with it; I'd be too busy freaking out. I think the first thing I'd have to do would be to call some witnesses over, just in case. But then again, I guess they probably didn't have to worry about commitment proceedings in Balaam's day.

Then I got to thinking about what it would be like if animals could talk. My cat kind of does already. If I'm in the kitchen slicing ham, for instance, she comes in and yowls "Now! Now! Now!" as she winds around my ankles. Then I have to explain with a gentle push from my foot, "Not now, not ever."

The dog doesn't even have to make a sound. You can look at him and know what he's thinking, which is, "Bacon? Do you have bacon? Bacon, bacon, bacon, bacon, bacon!"

Maybe it makes more sense with equine species, like donkeys. And horses. I can imagine saddling up a horse and asking him, "So, where do you want to go today?" And he would answer, "I don't know, Suze. You have anything in mind?" "Well, how about we go around the far side of the big lake and see what's there?" "OK, sounds good to me."

But then I can also imagine random cats clawing my screen door demanding fish products: "I know you have tuna in there! I saw the can in the recycle bin!" I'd have to start throwing my used tuna cans in the neighbor's bin. And I'd get accosted by stray dogs on the street, shaking me down for bacon.

My guinea pig would see me coming with a carrot and shriek, "Carrot! My carrot! Mine, not yours!" Then he'd grab it out of my hand and hotfoot it to the far side of the pen where I can't reach him. As if I'd want it back after it'd been in his mouth.

You know, it turns out that God's order of things really is best.

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Psalm 119:89-91,96 reads, "Your word, Lord, is eternal; it stands firm in the heavens. Your faithfulness continues through all generations; you established the earth, and it endures. Your laws endure to this day, for all things serve you. To all perfection I see a limit, but your commands are boundless."

Aren't the animals – and all creation – that much more amazing and beautiful, knowing that everything serves the Creator? Our creativity may be limited, but His is not. The holiness of God's nature demands a perfect creation, for He created all things for His own glory and pleasure.

"'Holy, holy, holy is the Lord God Almighty, who was, and is, and is to come.' You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being." (Revelation 4:8,11).



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WEATHERING THE STORMS

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

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

Last month I wrote about “helping our plants grow”. While the plant is growing, many things can happen. They can become over or under watered, uprooted, damaged by insects, the sun, wind or rain may kill them. It is our job to take care of the plants so they can grow to be healthy and strong.

As human beings this happens in our life cycle, too. For example:

If we are over or under “watered”(feed too much or don’t eat) we become obese or bulimic. This takes place when we don’t think we have enough, feel inadequate, have low self-esteem, need to feel loved, traumatized, and so many other negative feelings. We need

to reframe this thinking into positive beliefs about ourselves.

“Damaged by insects” is when people are verbally attacking us, constantly ridiculing, putting us down, calling us names, fighting, and so on. These actions are like little gnats biting at our souls and spirits to break us down. This action is harmful, hurtful, and painful. This is another negative action that needs reframing.

How do we protect our plants from the elements that can harm them? We cover them, take them in to the house or move them to a safe place, right? People need to be protected, too. We need to set up boundaries for people, places, and things to keep them from

hurting us. We need to have a plan of action to get out of difficult situations. Most of all, we need to look before we leap into any situation. We need to do our homework, gather information about people, places and things that we may want to get involved with. Remember the last resource is the word NO! Be safe, not sorry.

If this resonates with you, let me help you to turn your stumbling blocks into stepping stones. For more information or an in home consultation call Cecelia Danas, CLSC, or CFPC at 321-794-7550 or email me at lifecoaching7746@aol.com.



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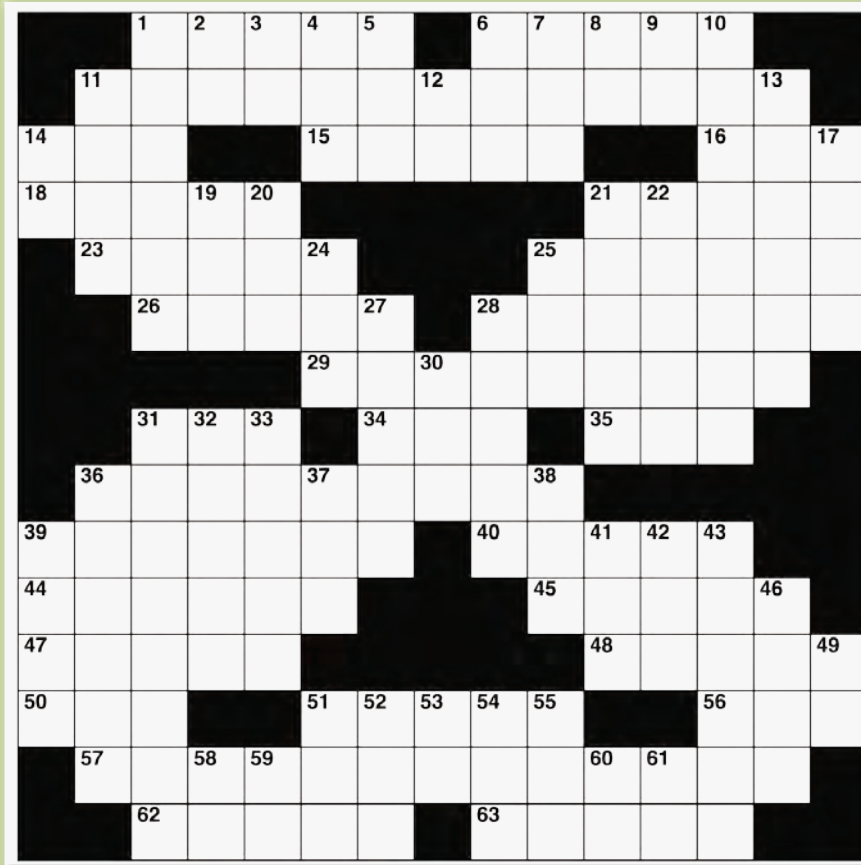
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clues DOWN

1. Scarred face
2. Atomic #89
3. Great Lakes state
4. Tap gently
5. Boxer Muhammad
6. Quilting or spelling
7. Confined condition (abbr.)
8. Expression of sympathy
9. The Show Me State
10. Expunctions
11. Subdivision of a denomination
12. Peace Garden State
13. One who causes death
14. The Keystone state
17. Hawaiian garlands
19. Cologne

20. Large northern deer
21. Montana's 5th largest city
22. Compound containing NH₂
24. Small unit of time (abbr.)
25. Auto
27. Saponaceous
28. Gulf of, in the N.E. Aegean
30. Golf score
31. A disease remedy
32. Dark gemstone
33. More competent
36. Matador
37. Not new
38. Political action committee
39. Micro-electromechanical systems (abbr.)

41. Woman's undergarment
42. Enacted legislation
43. A representation of a person
46. Large casks for liquids
49. Abbr. for 50 across
51. Nursing group
52. Roman god of the underworld
53. Silver
54. Group health plan
55. The 7th Greek letter
58. ___, denotes past
59. Rural delivery
60. Oil company
61. Associated Press

clues ACROSS

1. S.A. grassy plain
6. Condemnation
11. Twitter or Facebook
14. Chest muscle (slang)
15. Changed ocean level
16. Cause bodily suffering to
18. Red Jamaican tropical fruit
21. 3rd largest Swiss city (alt. sp.)
23. Bluish greens
25. Billowing clouds
26. Duchy princes
28. Sarcasms
29. Equal business associate
31. State certified accountant
34. Swiss river
35. Winged goddess of the dawn
36. Not a jet airplane
39. Ethically
40. Dark brownish black
44. Removed writing
45. Skill in an occupation or trade
47. Standard unit of length
48. Indescribably bad
50. ___ Lanka
51. Locution
56. Printing liquid
57. Small travel cases
62. Old Norse poems
63. Mammy's partner

Coffeetree Café

Great coffee . . . Great conversations! A new community hot spot is opening in Rockledge. Coffeetree Cafe will offer customers a unique dining experience. Think about fresh roasted coffee... that's right! Roasted in house using direct trade with coffee growers. Then think about that fresh coffee served with hot fresh bread and sandwiches from the highest quality meats, cheeses, and local produce. The soups are fresh not frozen and the salads are incredible too. So you have a great cup of coffee and your taste buds are crying out for something sweet. Coffeetree has an exquisite variety of cream puffs, cakes, muffins, and some signature chef treats to choose.

Your dining experience is enhanced with china plates and real glasses. You can sit at a table and imagine you are in an a fresca café. The walls provide an image of old world European



town. Storefronts with awnings on one side with apartments on the opposite to complete the illusion. There is a park bench under the painted trees on another wall and old world street lights provide mood lights under the suspended cirrus clouds on the ceiling.

Great wifi connections if you want to work over lunch. The wifi can handle over 1000 connections at the same time so connectivity is pleasant. Want something more private? There is a separate meeting room available

for student groups, moms or women meetings, businesses, or private parties. This room has a private restroom and a flat screen TV and dvd for presentations. You just need to sign up to use it.

Coffeetree Café hosts several activities each week for social connection to the community. There is a social conversation hour and book clubs too. Coffeetree is very involved in community activities. These include helping others in need like sending 101 Christmas shoeboxes to native American children on a reservation in southern California or local assistance to those experiencing difficulties in their family or situations. Coffeetree Café isn't just a coffee shop ... it's a community. Come by and be a part. Coffeetree is located behind the PNC Bank on Barnes Blvd in Rockledge.

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Big Savings with "Little Joe"

Joseph "Little Joe" Ponds has served his community and country both as a police officer and as an MP in the United States Army. But now he is serving others in a different capacity. Today, he works hard to help others save money on their prescription medications through his company, Canadian Meds of Melbourne.

Partnered with Charles Richer, the founder of the first Canadian Meds established ten years ago in Inverness, FL, Joe and his company continue the tradition of helping those in need. In addition to his involvement with his company, Little Joe is active in the business community locally as a member of the Melbourne Regional and Cocoa Beach Chambers of Commerce. Outside of business, Joe attends meetings of the Space Coast Chorus, singing

in barbershop style, and is an avid Crossfitter.

If you are taking any prescription medications, give Canadian Meds a call. Little Joe will be happy to sit with you to discuss how you can save money and also avoid the proverbial Doughnut Hole. Canadian Meds offers \$30.00 off of your first order over \$150.00 and includes free shipping. They ship anywhere in the United States and Puerto Rico, so if you have relatives or friends that you think could use their services, please have them call Canadian Meds.

Canadian meds is located in the Hibiscus Business Center at 1101 West Hibiscus Blvd, Suite #204 in Melbourne. They can be reached at (321) 574-6976 or (800) 518-2344. If you wish to receive a free quote you can email a list

of your current medications to sales@CanadianMeds-Melbourne.com and they will be happy to prepare a free quote for you.

There is no charge to use their services; you simply need to bring in, mail or fax a prescription from your doctor, provide a form of payment i.e. Visa or MasterCard, and they will do the rest. Please keep in mind that Canadian Meds is a mail order service and shipping can take from 3 to 5 weeks. The medication will be delivered to your mailbox via the United States Postal Service.

The public is invited to celebrate with Canadian Meds as they mark their one year anniversary in the Melbourne area with a ribbon cutting on August 29th, from 4:30-6:00 p.m. at The Space Coast Symphony Orchestra Center in historic Cocoa Village.

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North Brevard Senior Center
909 Lane Ave., Titusville
Thurs., Aug. 15 at 2 pm

Health First Medical Group (Gateway office)
(2nd Floor Conference Room)
1223 Gateway Dr., Melbourne
Tues., Aug. 20 at 1:30 pm

Cape Canaveral Hospital (Conf. Room A)
699 W. Cocoa Beach Cswy., Cocoa Beach
Thurs., Aug. 22 at 10 am

The Knowledge Exchange
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