

COMPLIMENTARY  
february 2013

# spotlight

*Keeping You in the Light*

MAGAZINE

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**Grant Seafood  
Festival  
47 Years &  
Growing  
pg9**

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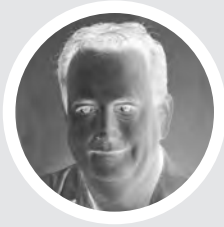
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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

I would like to welcome you to our February issue of *Spotlight* magazine. As the 14th of this month approaches, here is a little something to think about. Not only just on Valentine's Day, but every day, we should make the time and take the time to speak kind words to one another. We should go out of our way to show the special people in our lives that we care. "Love" is not just a feeling, but an on-going commitment that we all should be making to each other throughout the whole year. Demonstrating our love should not be reserved just for birthdays and holidays. Try to remember this, striving to make every day a special day for the ones we love will speak volumes. In turn, when those holidays and special days roll around, they will be appreciated and embraced even more.

On another topic, did you know that each issue of *Spotlight* magazine can be viewed on our website and Facebook page each month? You can even visit our archived issues section of the website to check out issues that go back for the past three years. By offering this service, we give you the option of going online each month or picking up a hard copy of our magazine at one of the many locations where *Spotlight* is distributed.

Our website is [www.spotlightbrevard.com](http://www.spotlightbrevard.com) and our Facebook page can be found at [facebook.com/spotlightmagazinefl](https://facebook.com/spotlightmagazinefl).

It is really that easy to enjoy *Spotlight* magazine each month; a copy can be right at your finger tips any time of the day or night!

Thank you again for being one of our many loyal readers of *Spotlight*. Without you, we would not be the quality, informative, uplifting publication that we are.

Until next month,

Bryan McDonough  
Publisher, *Spotlight* Magazine, Inc.

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february 2013



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## A GOOD WAY TO EARN REAL RESPECT

by Jim Campbell, First Baptist Church of Melbourne

**Over the last several months, our country has seen a lot of divisive things.** From the election to the Chik-Fil-A fiasco, even down to Brent Musberger's seemingly innocuous comments about Katherine Webb and Bonnie McCarron during the BCS football national championship game, it almost seems that every other day, there is something to "get offended" by receives a lot of notoriety. In America, it feels like we are just waiting for something to be mad at a lot of the time.

A friend shared with me something that he'd read about offense and conflict...we make up a lot of the details about conflict that make us the maddest ourselves. For the most part, they aren't even true. Think about it. This guy cuts you off doing down the road...what do you imagine him as? My first picture is some arrogant guy, laughing at me, who purposefully did that to me to make me look small, so I need to show him up, to make things right...that will teach him. Does it ever really teach him to not do it again?

I think that most people feel the more offended they are, the more righteous and upstanding they are perceived. That's not true...most of the time, the most offended person in the room that's huffing and puffing just looks like the biggest jerk to me. At least, that's what I end up thinking about myself when I calm down and realize it was me.

Proverbs 19:11 says this: "A man's wisdom gives him patience; it is to his glory to overlook an offense." The NLT version says"... they earn respect by overlooking wrongs." Basically, if you are wise, you are patient and it's a complement or an honor to YOU to overlook an offense. I know that's not what the world would tell you in this day of "my reputation" and in these days of the notion that "I'd look like a coward if I don't seek retribution and make them look bad", but you should try it some time.

What would happen if we all tried something different today? Picture this. You are driving down the road and some los...urr, I mean, "person"...cuts you off or that irritating friend posts another thing on Facebook that just "boils your innards". Instead of speeding up to glare at the



I think that most people  
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they are perceived.

guy or shutting that post down with another witty Facebook meme (look it up), what if you simply chose to think about something else and went on your way? What if you "x'ed" out the window and checked out ESPN? Think your stress level would go down? I bet it would and you might even earn some respect as well.

---

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](https://facebook.com/baywestchurch) or [www.baywestchurch.org](http://www.baywestchurch.org). Bay West Church is a campus of First Baptist Church of Melbourne.



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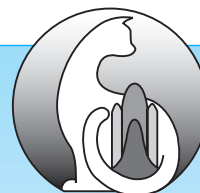
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# Enjoying the Peaks and Enduring the Valleys that Make Up Life

**As we are moving into the second month of 2013**, many of us continue to struggle on so many levels. Unemployment remains stubbornly high in the Sunshine State with no positive changes in sight. Drug and alcohol abuse have become the main coping mechanism for so many as faith and hope and all things spiritual seem the stuff of childhood fairy tales. Socially, violence and fractured families have become so commonplace they are now considered "normal". Yet all we have to do is take a look back through history to see we are not suffering from some "end of times" plague. We're just in a valley of this thing called life.

For centuries, poets, priests and philosophers have reminded us that each and every human being is destined to go through peaks and valleys. Indeed, it is this very contrast that makes life so valuable. To merely amble through a string of days provides little passion, inspiration or motivation. Vegas singing legend and astute life observer Wayne Newton once remarked, "You have to go through those mountains and valleys because that's what life is: soul growth."

How many people say "If only I could win the lottery, my troubles would be over." How about watching a rich and famous celebrity on television and wistfully stating, "Boy I'd have it made if I had their life." Yet most people who win the lottery tend to comment that winning the lottery was the worst thing that ever happened to them! Now how could that be? And we need only pick up a gossip magazine at the grocery store check-out line to see a disproportionately high number of rich and famous people end up committing suicide or struggling with



addiction, mental illness and chronic failed relationships. Of course, these are generalities and there are plenty of rich and famous people who are positively giddy about their good fortune. Yet they too will go through peaks and valleys. It is the fate of humanity and that's a good thing.

Author Bern Williams commented, "Life is supposed to be a series of peaks and valleys. The secret is to keep the valleys from becoming the Grand Canyon." Life is not meant to be a one-way trajectory either way and our American way of thinking often sets us up with unrealistic expectations. Part of our "you can be anything you want to be, do anything you want to do" is what makes us the envy of the world. However, success and prosperity is not guaranteed for life. Most people who have a few decades under their belt can attest to the fact that some years are golden and others are gray. And that's the way it's supposed to be. The contrast of good times and bad is what gives us the ability to appreciate life's blessings and not take them for granted.

As we are settling into another year, remember the difference between

valleys and the Grand Canyon is something called "choices". We cannot control many things in life and we certainly cannot control other people. However, we can choose to make wise decisions and minimize our connections to people who bring nothing but negativity to our lives. If we could only see the future, how different things would be. However, that is not how the game of life is played. Instead, we must choose which paths we will follow and then reap the consequences, good or bad. We would all

do well to remind ourselves that hard times are as natural as good times and remember that we teach our children through the examples we set. We must also remember that when we are blessed with lofty perches atop mountains of prosperity, joy and fulfillment, there inevitably will come the times when we will be forced to trudge through the valleys of disappointment, depression and despair. It is in those dark times we need to choose to put our current plight in perspective and remind ourselves that this too shall pass and these struggles will make the next time we sit atop the mountain peak that much sweeter. Helen Keller, no stranger to incredible highs and lows of life wrote, "The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop would not be half so wonderful if there were no dark valleys to transverse."

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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We always try to keep a good variety of choices to choose from and we occasionally new items, like last year we added seared tuna and gator bites which we both very popular. So this year we are introducing two new products ... a lobster roll and a grilled fish sandwich, which will be served from our newest building on the west side.

The Grant Community Club is still operating the Grant Seafood Festival with all community volunteers from preparing the grounds, which started the first Saturday in January, to putting up building signs, repainting, setting up the booths to preparing, cooking and serving all the food and drinks.



Along with all the delicious choices of food, we have an arts & crafts area with over 100 exhibitors, a community service area, the Grant Historical House tent, a library book sale, a small playground for the kids, and continuous entertainment plus we will have a tent displaying information and photos on the history of the Grant Seafood Festival.

The Grant Community Club has continued to use the monies raised from the Grant Seafood Festival to go directly to its community by maintaining the community center & grounds, the Grant Library, the 'Benson House' (our historical home on US1), the Grant Cemetery, children's parties throughout the year, neighborhood block parties, assisting residents in need, and providing at least \$45,000 annually in school scholarships to our residents and volunteers.

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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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## LOVE AND PASSION SPOTLIGHT ON THE ARTS

by Pam Mankowski



**February - already?** I was researching all the celebrations and religious holidays that this month features. We have Groundhog Day, the Super Bowl, Chinese New Year, President Lincoln's birthday, Mardi Gras, Ash Wednesday, Valentine's Day, President's Day, President Washington's birthday and Purim. Then there are the "observances" such as Black History Month, National Children's Dental Health, American Heart Month, National Wise Health Consumer and Parent Leadership Month.

However, when I look at my personal calendar, only a few of these events are listed along with my events, appointments and remembrances such as my daughter's birthday, class presentation reminders and medical appointments. Whether or not you commemorate the above mentioned holidays or "observances", totally depends on what your interests are and where your loyalties lie.

In general, people tend to do what they like with others of like interests. My family likes to watch sporting events. I am not so much a sports fan but I might sit in the same room with a television that is telecasting a sporting event IF there is a comfortable chair and the rest of the family is also sitting

there. I will actually watch sporting events that my children or grandchildren are participating in. In addition, I will pay attention AND cheer!

But, let us face it. We usually willingly do something for which we have a love or a passion or an understanding. These words are often associated with Valentine's Day. Love! Passion! I looked it up in the dictionary and some of the definitions are...

**LOVE:** (transitive verb) to like something, or like doing, something very much; (noun) a strong liking for or pleasure gained from something; (noun) something that elicits deep interest and enthusiasm in somebody.

**PASSION:** (noun) intense or overpowering emotion such as love, joy, hatred, or anger; (noun) a strong liking or enthusiasm for a subject or activity; (noun) the object of somebody's intense interest or enthusiasm.

We often throw the word "love" around without much thought. "Oh, I love those shoes!" "I love pizza, it is my favorite food!" So, okay, I guess these statements could be true as they may "elicit deep interest and enthusiasm", but they may also be a little extreme in the example. When it comes right down to it - who or what DO you love? Sometimes the answer is easy. But when it comes to passion - that is another issue.

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When asked as a child what I wanted to be when I grew up, I would say "I want to be a Mommy!" By the time I was in Junior High School, I realized I needed to say an occupation. While my daughter describes herself as a "Domestic Goddess" - I didn't have that clever comeback at the time and decided I would say one of my descriptions of "Mother"... so, I would say, "I want to be a teacher!"

Educationally, I trained as a teacher and in theatre arts. Over the years I have held many jobs. It has only been in the last thirteen years that I live my PASSION. With the help of my husband and family, I have been able to create Stage 1 Stars into a platform for young actors to learn theatre as a craft and in life lessons. In these young actors I often see that same passion. The passion to create a character, to breathe life into a scene that transports an audience to another place or time.

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## HAVING SOME BACK ISSUES? SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



### Sciatica

Sciatica describes persistent pain felt along the sciatic nerve, which runs from the lower back, down through the buttock, and into the lower leg. The sciatic nerve is the longest and widest nerve in the body, running from the lower back through the buttocks and down the back of each leg. It controls the muscles of the lower leg and provides sensation to the thighs, legs, and the soles of the feet.

Although sciatica is a relatively common form of low-back and leg pain, the true meaning of the term is often misunderstood. Sciatica is actually a set of symptoms—not a diagnosis for what is irritating the nerve root and causing the pain.

Sciatica occurs most frequently in people between the ages of 30 and 50 years old. Most often, it tends to develop as a result of general wear and tear on the structures of the lower spine, not as a result of injury.

### What are the symptoms of sciatica?

The most common symptom associated with sciatica is pain that radiates along the path of the sciatic nerve, from the lower back and down one leg; however, symptoms can vary

widely depending on where the sciatic nerve is affected. Some may experience a mild tingling, a dull ache, or even a burning sensation, typically on one side of the body.

### SOME PATIENTS ALSO REPORT:

- A pins-and-needles sensation, most often in the toes or foot
- Numbness or muscle weakness in the affected leg or foot

Pain from sciatica often begins slowly, gradually intensifying over time. In addition, the pain can worsen after prolonged sitting, sneezing, coughing, bending, or other sudden movements.

### How is sciatica diagnosed?

Your doctor of chiropractic will begin by taking a complete patient history. You'll be asked to describe your pain and to explain when the pain began, and what activities lessen or intensify the pain. Forming a diagnosis will also require a physical and neurological exam, in which the doctor will pay special attention to your spine and legs. You may be asked to perform some basic activities that will test your sensory and muscle strength, as well as your reflexes. For example, you may be asked to lie on an examination table and lift your legs straight in the air, one at a time.

In some cases, your doctor of chiropractic may recommend diagnostic imaging, such as x-ray, MRI, or CT scan. Diagnostic imaging may be used to rule out a more serious condition, such as a tumor or infection, and can be used when patients with severe symptoms fail to respond to six to eight weeks of conservative treatment.

### What are my treatment options?

For most people, sciatica responds very well to conservative care, including chiropractic. Keeping in mind that sciatica is a symptom and not a stand-alone medical condition, treatment plans will often vary depending on the underlying cause of the problem.

Chiropractic offers a non-invasive (non-surgical), drug-free treatment option. The goal of chiropractic care is to restore spinal movement, thereby improving function while decreasing pain and inflammation. Depending on the cause of the sciatica, a chiropractic treatment plan may cover several different treatment methods, including but not limited to spinal adjustments, ice/heat therapy, ultrasound, TENS, and rehabilitative exercises.



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# What Goes Around... Comes Around!

As they say, what goes around comes around, and this time, it's something that literally goes around. As iPods and MP3's dominate the music market, and CD's start to wane in popularity, there has been a rather impressive resurgence in the popularity of Vinyl Records, and nobody is more aware of this than the father and son team of John and Chris Lanza who just recently opened Vinyl Request Records in Historic Downtown Melbourne.

Starting online, almost by accident, about five years ago, they have seen a huge growth in sales over the past two years. In fact, they not only outgrew John's garage, but they also outgrew the three storage units they were working from. Finally, this past October, they made the move into a brick and mortar store located at 501 East New Haven Avenue. Their reception there has exceeded their expectations and they continue to grow every week.

They continue to sell used vinyl on Discogs.com/vinylrequest, and now they are open from 11am-7pm every day but Sunday. Whether you are an audiophile, who knows you can never digitally recreate the warm analogue sound produced by vinyl, or if you would love to get a turntable, and bring back the glory days of your youth, Vinyl Request Records is your Vinyl Destination. It is a definite Blast from the Past. The staff is friendly, and quite knowledgeable, and they offer New Releases as well as used records, plus, turntables, collecting supplies, posters and other memorabilia. So, stop on in, see what all the fuss is about, and make sure you like them on facebook, by visiting [www.vinylrequestrecords.com](http://www.vinylrequestrecords.com)



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## VALENTINE'S DAY . . . REAL LOVE

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

**I was sitting in my office late one afternoon when a couple knocked on the door.** They were dressed as if they were on their way to a formal dinner, so I quickly ruled out the possibility they needed gas money or help paying their electric bill. His watch and cuff links (just a guess) had to be worth several thousand dollars and the diamonds she wore were more than I've ever seen outside a jewelry store. As I closed the door I noticed a brand new (sticker still on the window) Cadillac SUV. All kinds of thoughts ran through my mind... maybe they were long lost relatives and wanted to take me to lunch or they needed to make a sizeable tax donation. Without any introductions she quietly said, "We want to get married." Before I could respond she continued, "We want to get married, but please understand



we don't love each other. This is only for appearance." I'm sure my displeasure was reflected in my response when I said, "Ok." I confess... this never really happened. The truth of the matter is really the opposite. In over 35 years of ministry,

not one couple has ever come for premarital counseling and said they didn't love each other. When I've asked why they wanted to get married, their response is usually something like ... I love them so much. I can't stand being without them.

So what happens when these couples who were so madly in love before they got married, decide they can't stand to be around each other any longer. They go from mushy whispers of affection to words filled with anger, bitterness and hate.

While I'm not a professional marriage counselor, my observation is that one or the other (sometimes both) have forgotten that love is always a choice, it is intentional. It is more than a few "I do's." Love requires effort which sometimes is not easy.

As you prepare for Valentine's Day, here is the best advice I've ever read...

*Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.*  
(1 Corinthians 13:4-7)

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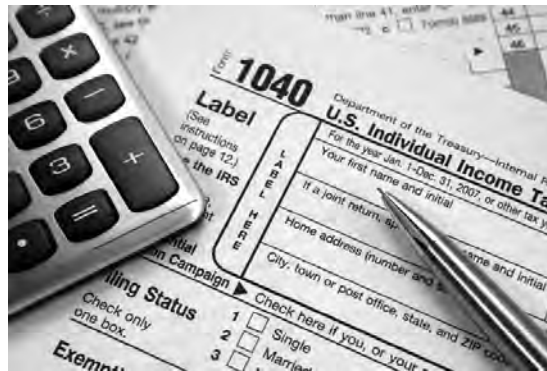
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# Getting Ready for Tax Season

**A new year not only brings a host of new opportunities,** but it also brings a host of familiar obligations. One such obligation is paying taxes, which doesn't have to be done until mid-April. But waiting until the last minute with respect to taxes can make the process even more difficult, and putting it off certainly won't help those people who vowed to stop procrastinating in the new year.



your return. Many people get a bit nervous when filing a tax return, but that stress can be even greater if you leave everything until the last minute. If you're starting early, take your time when working on your return and don't succumb to any potential stressors.

## Consider hiring a professional.

Starting early also gives you an opportunity to determine if preparing your own return is too tall a task. If that's the case, consider hiring a professional to prepare your return. If you decide to hire a professional, do so early so that person has more time to devote to your return. If you wait too long, chances are the tax preparer will be buried with many other customers' returns and won't be able to devote as much time to preparing your return as you would like.

More information about getting ready for tax season is available at [www.irs.gov](http://www.irs.gov).

Getting a headstart on tax season can be beneficial in numerous ways, not the least of which is avoiding the last-minute rush to file your return come the filing deadline. Even if you have yet to receive your W-2 (which you should have in hand by January 31), there are steps you can take to get ready for the coming tax season.

## Gather your documents.

Your W-2 is likely not the only document you will need to prepare your tax return. Statements regarding your investments, student loan payments, mortgage and a host of other documents might be necessary for you to fill out your return. You should start receiving these documents in January, so gather them as they come in and keep them in a convenient place. This will ensure you don't get frustrated when filling out your return while increasing the chances you earn all of the credits and deductions you deserve.

## Examine past returns.

Many people have questions when filling out their tax returns, but those who wait until the waning days of tax season to prepare their returns ignore those questions in an effort to make the filing deadline. When you start preparing for tax season early, examine past returns and see if there are any questions you wanted to ask in the past that you didn't have time for. Write these questions down as you comb through your past returns and bring the questions to your tax preparer when the time comes. If you don't plan on hiring a professional to prepare your taxes, you can contact the IRS with your questions, and the earlier you do so, the more quickly you are likely to have your questions answered.

## Take your time.

When you decide to get an early start on your taxes, you allow yourself to take your time preparing your return. This reduces the likelihood of getting stressed when filing

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...the Bible warns us against "get rich quick" schemes."

"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,**

Joe and I have lived together for five years, and engaged for two. I've tried to pin him down on a wedding date, but he changes the subject or avoids the topic completely. Last Easter, we were invited to our friend's church and both of us went forward during the altar call. I know God works in each of our lives in different ways and at a different pace, but there's no change in Joe that I can see. He still goes to strip clubs, watches porno and then he lies about it. I've made several changes in my life; and it seems to me, he should at least be trying. Besides which, it bothers me that we're living in sin. I've got a lot of time invested in this relationship, and I don't know if I should pray and wait, or if he's a lost cause. I love him, but we're definitely not moving in the same direction.

—Jasmine of Melbourne

Dear Jasmine,

Unfortunately, not everyone who responds to an altar call is saved. Quite often, it's an emotional reaction; there are plenty of tears, but no real commitment or follow through. Only God knows the sincerity of Joe's heart, but you need to understand, if there's no change—there's no change. When we accept Christ, as our Savior, we "repent" of our sins, essentially this means: to turn away from our sin. It's not merely a verbal confession.

Under these circumstances, you shouldn't even consider marrying him. The Bible says, "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?" 2 Corinthians 6:14 (NIV). And think about this, do you really want a husband who lusts after other women? In Matthew 5:28, Jesus says, "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

As believers, the Holy Spirit dwells within us. He lovingly speaks to our hearts and convicts us of sin so that we don't stray. He's been speaking to your heart, and that's why you're troubled over "living in sin." The Bible refers to this as fornication; and the bottom line is, one of you needs to move out. Pray for Joe's salvation, and ask God to release him from satanic strongholds.

**Dear Val,**

I know this is going to sound bizarre, but my kid sister believes God is blessing her through scratch off tickets and the lottery. She believes that God rewards her with winning tickets, but if she loses, it's because she's done something bad. She can't pay her bills on time, but she always has money for scratch offs. I don't know that much about the Bible, but I know this is wrong. Is there anything in scripture I can use to set her straight? She's coming to Florida for a visit in March so I'd like to be prepared.

—Steve of Palm Bay

Dear Steve,

Your sister has a gambling problem, and she's using God as a rabbit's foot. The Bible doesn't specifically mention the word "gambling;" however, it contains numerous principles that undeniably apply to it. First of all, we are warned to guard ourselves from the "love of money." 1 Timothy 6:10 and Hebrews 13:5. Also, throughout the book of Proverbs, we're instructed to be responsible and good stewards of money. Finally, the Bible warns us against "get rich quick" schemes. Proverbs 13:11, 23:5, 28:20 and Ecclesiastes 5:10. While it's true that God loves to bless His children, He would never encourage us to compromise these three principles.

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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## HAPPY VALENTINE'S DAY

### SPOTLIGHT ON COOKING

by Cecelia Danas



**This month's recipe is** healthy, delicious and filling. Good to make for a quick dinner or a romantic dinner for two. Plus it only takes an hour to make in total. Can't beat that. Remember — Be Creative!

If you have any questions or would like to contact me, email me at [lifecoaching7746@aol.com](mailto:lifecoaching7746@aol.com).

### Italian Chicken with Apricot Sauce

2 tablespoons Canola Oil	1 teaspoon dried Italian seasoning	1/2 cup apricot preserves
4 boneless skinless chicken breasts (4 breasts equals about a 1 lb)	1-1/3 cups reduced-sodium chicken broth	1 tablespoon cornstarch

Heat oil in large skillet over medium-high heat. Sprinkle chicken with Italian seasoning. Add to skillet and cook 12 to 15 minutes or until no longer pink in centers, turning once.

Stir together all remaining ingredients in small bowl until well blended. Gradually add to chicken in skillet. Cook 3 to 4 minutes or until sauce is thickened, stirring constantly.

Serve over rice (I love Jasmine Rice) with steamed broccoli. You have a wonder full dinner.



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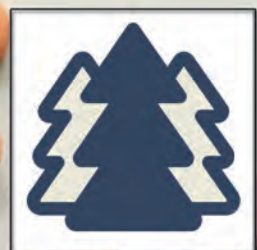
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## IS IT OK TO CHARGE YOUR SMARTPHONE EVERY NIGHT?

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**The mobile revolution is being powered** (pun intended!) by sophisticated battery technology, but battery life is still one of the most common complaints from mobile users. Understanding the nuances of today's battery technology can help you balance the battery life with convenience for the best overall results.

Most of today's mobile electronics use Lithium-Ion batteries, which are substantially better than the older Nickel-Cadmium (NiCad) and Nickel metal hydride (NiMH) technology. Lithium-based batteries are most common because they can store more energy in a smaller package, they don't dissipate energy as quickly when the device is not being used, they can handle more charge cycles, and they are capable of charging up quicker.

Older nickel-based batteries were susceptible to 'memory' issues when charging, so the general rule was to always run the battery down to near zero before recharging. Lithium-based battery systems don't have this memory

charging issue so this practice is unnecessary for today's devices. In fact, constant full discharges can actually accelerate capacity loss in lithium ion batteries, so keep the full discharges to once a month if possible.

Additionally, for devices that have a 'gauge' (such as laptops) it's a good idea to let the device run all the way down every 30 charges so that the gauge can recalibrate itself. This will help keep the gauge accurate so it can properly represent the amount of power left. All batteries have a finite life, which is based on the number of times they have been recharged. This is often referred to as charge cycles.

According to the Apple website, "A charge cycle means using all of the battery's power, but that doesn't necessarily mean a single charge. For instance, you could listen to your iPod for a few hours one day, using half its power, and then recharge it fully. If you did the same thing the next day, it would count as one charge cycle, not two, so you may take several days to complete a



cycle. Each time you complete a charge cycle, it diminishes battery capacity slightly, but you can put notebook, iPod, and iPhone batteries through many charge cycles before they will only hold 80% of original battery capacity."

You can expect 300-500 charge cycles from lithium-ion batteries before a noticeable decline in battery life occurs (down to 80%).

Heat is actually the biggest factor in the life of any battery. The more heat it encounters, the quicker it will degrade. Leaving your battery-powered devices in a hot car or trunk or in direct sunlight on hot days will do more to kill the life of the battery than anything you do in the charging process. Never turn on or try to charge a battery that has been overheated; always allow it to get back to room temperature or you will reduce its life. Do everything you can to avoid these high heat situations entirely.

Although most recharge systems have an auto shutoff to avoid overcharging, as a precaution, try not to leave a fully charged device attached to the charger for extended periods of time (especially if you can feel that the battery is hot). For convenience sake, go ahead and plug your phone in every night as an incremental change in the overall life of the battery isn't worth the risk of running out of juice in the middle of the day!

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## STARS

By Denise Imperato

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Shiny silver stars

glowing like billions of crystal chandeliers above.

Fascinating bodies of light shining bright with a  
delightful intensity of magnificent proportions.

Tiny balls of light permeating the universe.  
Lovers wishing upon them.

Stars hidden from view, hiding behind the heavenly  
haze of a pinkish blue dusk.

These tiny objects of shimmering light illuminate to  
enhance the beauty of...

The vast heavenly ceiling above.

### SPOTLIGHT POEM OF THE MONTH

Share Your Original Poems with our readership in print and online. All entries will be featured online at [spotlightbrevard.com](http://spotlightbrevard.com). One will be selected for our magazine. Submit original poems by the 18th of each month to [spotlightmagazineinc@gmail.com](mailto:spotlightmagazineinc@gmail.com).

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1. Who is having a Grand Opening & Open House on February 14th?  
\_\_\_\_\_
2. Name the store that says, "What Goes Around...Comes Around".  
\_\_\_\_\_
3. Sue Tillman is planting what kind of signs All Over Brevard?  
\_\_\_\_\_
4. Who is having a February Bedding Event?  
\_\_\_\_\_
5. Name the Law Group in this issue of *Spotlight* magazine.  
\_\_\_\_\_
6. What company says, "Our hearing aids are sexy"?  
\_\_\_\_\_
7. Who is having a Sweetheart Special for only \$69?  
\_\_\_\_\_



# Different Conditions **Compromise Low Vision**

**Millions of people have significant visual impairments that can make daily life challenging.** Although many vision problems are readily treated with corrective lenses, treating low vision may not be so simple.

"Low vision" is a term used to describe the inability to see clearly. Even after correcting for vision with glasses or contact lenses, many people still cannot see well and test at lower than 20/40 vision. The American Academy of Ophthalmology defines low vision as what happens if ordinary eyeglasses, contact lenses or intraocular lens implants do not provide a person with clear vision.

Anyone with reduced vision that is not corrected by some method of lenses or surgery is considered to have low vision or be visually impaired. Low vision may cause slight vision loss or even blindness.

## CAUSES OF LOW VISION

There are many factors that contribute to the onset of low vision, including disease, aging, injury, and heredity. The following are some of the more common causes of low vision.

**Age-related macular degeneration (AMD):** This is a common eye condition among people age 50 and older. In fact, it is the leading cause of vision loss in older adults, says the National Eye Institute. When a person has AMD, the macula, which is the most sensitive part of the retina responsible for fine-tuning images received by the eye, deteriorates and does not work properly. Though there might be some vision, images won't be clear. The most common form of age-related macular degeneration is known as nonexudative, or "dry" form. This generally causes vision loss that develops gradually. More rapid

and severe vision loss comes from exudative, or the "wet" form, of macular degeneration. This occurs when abnormal blood vessels develop under the macula and leak fluid and blood.

**Cataracts:** Cataracts are a clouding of the lens of the eye that usually develops with aging. It may be present at birth or be the result of an injury to the eye. Depending on the severity of the cloudiness of the lens, vision can be impacted greatly. Cataracts may form as a result of long-term exposure to ultraviolet light, exposure to ionizing radiation, secondary effects of diseases such as diabetes, hypertension and advanced age, or trauma.

**Glaucoma:** When a person has glaucoma, eye damage occurs to his or her eye when there is a buildup of fluid pressure within the eye, also known as intraocular pressure. This pressure can damage the optic nerve and cause visual field loss, which over time might escalate to blindness. Glaucoma is often dubbed "the silent thief of sight," because in most cases it progresses slowly and vision loss is not immediately apparent.

**Diabetic retinopathy:** Vision can fluctuate daily as a result of diabetes. Diabetic retinopathy can cause blood vessels in the retina to develop abnormal off-shoots that leak blood and interfere with vision, eventually causing severe damage to the retina.

**Retinal detachment:** This occurs when the retina separates from its underlying layer. The portion that detaches may be rendered useless and cause total impairment of vision. Some retinas can be surgically reattached, and vision may be restored partially if surgery occurs promptly.



**Anaridia:** Anaridia occurs when the iris, which is responsible for controlling the diameter and size of the pupils and regulating the amount of light reaching the retina, fails to develop normally. If the iris is not functioning properly, extreme sensitivity to light and an inability to see clearly may result.

## TREATMENT FOR LOW VISION

Treatment cannot begin until your vision is assessed by a professional. An optometrist may conduct various vision acuity tests to determine what might be the cause of vision loss. Each type of low vision problem requires a different approach to treatment, so it's important to correctly diagnose the problem before beginning treatment.

Some treatment options for low vision may include specialized optical systems, video magnification, therapeutic filters, or special prescription glasses. There also may be the need to perform eye exercises that help maximize existing visual function. Individuals may have to use a combination of devices to find the ones that help the best.

Only a doctor can determine the culprit behind vision loss. Routine visual exams are recommended at least every year and may need to be more frequent if a person is suffering from deteriorating vision. If caught early, many eye conditions can be managed to help prevent further loss of vision.

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## FACEBOOK'S NEW GRAPH SEARCH SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.

On January 15th Mark Zuckerberg, Founder of Facebook, introduced Facebook's Graph Search. What is this newest Facebook feature? Graph Search is a 'social' search where each user can search their friend's profiles for information with images being the first priority for this search. It is currently in beta, which means it is not fully developed, however it is slowly being rolled out on Facebook.

It is different than a web search on Google, instead of searching with general keywords, the Graph Search looks at your Facebook friend connections and their interests to come up with relevant results for people, photos, places and interests. For example you can search for things that may interest you like "music my friends listen to", "restaurants my

friends like", or "places my friends visited in 2012" and it will pull up a list of all these items. With Graph Search you can look up anything shared with you on Facebook and your friends can find stuff you've shared with them as well!



One of the big concerns of course is privacy; keep in mind that your friends will only be able to bring up in the Graph Search that which you have already shared with them. It is intended at responding to questions based on the information previously enclosed in your own social network; so check your privacy settings to be certain you are comfortable with how you are sharing.

Facebook has gathered a mountain of social data over the years and the new 'social' search will quite possibly make a big impact for businesses using Facebook to market themselves. How so? Well, let's take the travel industry for example; using the new Graph Search if a user searches for a destination, let's say Washington DC, they will receive images of their friends trips to DC. This will include information on the hotels they stayed in, activities they participated in such as tours, restaurants they visited, etc. We all tend to trust those people we know rather than random posts on other review sites so this information is far more valuable to both the individual and business.

How can you be sure your business will rank on the 'social' search? Start now by interacting with your fans and commenting on photos they post of your restaurant, store or event and post more photos on your Page adding descriptions, keywords and always the name of your company and destination.

To learn more about Graph Search and if you would like to be among the first to try it when it's available in your area, please join the waiting list here: [www.facebook.com/about/graphsearch](http://www.facebook.com/about/graphsearch).

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# Inspirational Rocks that Speak to Us

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**Almost twenty years ago, shortly after starting A Advanced Hearing Care,** FI was presented with a pair of small granite paperweights, by a dear friend, who was instrumental in helping me start my practice, that still adorn my lab today as constant reminders of the things that are important.

The first rock reads, "Persistence Prevails, When All Else Fails." It serves as a constant reminder that they don't call this a practice for nothing. Things don't always work out the way you want the first time in hearing aid fittings, or life. Sometimes it takes persistently working at a problem before a solution is found. Some fittings are like that.

Having made a bit of a reputation round about for being able to turn lemons into lemonade when it comes to problem fittings, I can also say that they don't call

the folks who visit us patients for nothing. Even with the best gear in the industry, sometimes it take repeated adjustments in order to turn that lemon into lemonade.

In this day and age of instant gratification, and have it all your way now, rock number one serves as a constant, useful reminder that success may not come instantly, but take a little work and patience to achieve the objectives, and derive the value of any given fitting.

The inscription on my second rock reads, "Success is a Journey, Not a Destination."

This serves to remind us that it is the quality of the experience we are providing along the way that really matters.

How we are contributing to the experience and journey of the folks who come to us for help, is and should be ever

on our mind, as we go about the task of meeting their hearing care goals and fitting their needs. Would we enjoy the experience we are providing?

These two reminders help to keep us focused on the quality of the experiences we are providing. I'd like to think that living by those two little rocks all those years, has had a bit to do with keeping our business off the rocks in these rough, and uncertain financial times.

Providing quality hearing care and products on a consistent basis, and filling each individual need brought to us isn't always easy. Nor, do we get it right every time, the first time. That's the nature of a practice. But, experience has shown that providing an experience worth repeating and persistently, and cheerfully working to meet the goals and objectives

—Article Continues on page 45—

## WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with **February**?

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

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Card	Dinner	Rendezvous	Valentine
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(see pg. 12)

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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:

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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](http://www.scfntnr.org)**

# Safe Neighborhood Cat Deterrents

Since last month's list of cat deterrents, our help line has had numerous inquiries for further information, or other ideas about deterring neighborhood cats. All the below remedies have been proven to work, but no one remedy works on every cat. Always use a combination of two or three for the best results.

## SCENT BASED

**Citrus peel** -conceal orange/lemon/ lime peels behind bushes rocks, and under mulch. As they dry out they turn brown and match the ground cover, but continue working.

**Vinegar** -use vinegar on hard surfaces such as concrete and rocks.

**Coffee grounds** -try asking local coffee shops to save theirs, and provide a container for them to do so. Having once done this for compost I know that coffee shops generally just throw theirs away. And there's a LOT of it, whereas in people's houses there's usually just a little bit per day. Coffee grounds are also a great soil enricher. Rake the grounds into your garden and lawn.

**Pipe tobacco** -use the same as coffee grounds, just not as easy to find a free source.

**Mothballs** -use mothballs in your flower beds, or where you notice cats may be spraying. Mothballs do not dissolve in water so they will not leach into the soil harming surrounding plants.

**Products containing citrus oils** -like using the peels, the oils from orange lemon or limes are as effective of creating an unsavory environment for a cat. Many

products contain natural citrus oils such as cleaners and air-fresheners are available in your local supermarket. You can also find the straight oils at many health food stores.

**Predator urine** -several products such as "Shake Away" or "PreditorPee" contain coyote urine alerting cats to a predator in the area, most local hardware stores carry some form of predator deterrent.

## NON-SCENT BASED

**Con Tech** (<http://www.contech-inc.com/products/home-and-garden-products/animal-repellents>), makes a variety of products that range from sonic, to water sprayers that can be placed around your yard.

**Cat Scat** -made/sold by Gardener's Supply Co, a plastic mesh that sits under your mulch with soft plastic spikes that point up. The spikes do not hurt the cats (or anyone else), they are just uncomfortable to walk on.

**Garbage** -always keep the lids to your trash tight. Although cats normally don't pick through garbage they are the first to get blamed since they are normally more visible than the usual suspects. When securing your garbage can be sure to make it tight enough to fend off a raccoon or possum.

Cats will always do what they want to, hopefully the following suggestions can steer them to an area that you want them!

Please visit our website for more ideas in terms of ideas for keeping cats away/out of things: [www.scfntnr.org](http://www.scfntnr.org).

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Born and raised in Ipswich, England, Sue knew at a young age she wanted not just a job, but a career in Real Estate. After marrying, traveling with her husband in the military, raising two children, and owning and operating a successful barbeque business, she decided to follow her dream and become a Realtor. In 2001, after passing her Real Estate exam, Sue joined ERA Aladdin Real Estate in Merritt Island, Fl. She quickly soared to becoming a top producing agent, rated 1st in customer satisfaction, showing her commitment to providing commendable service.

Today, Sue is a member of RE/MAX ELITE in Melbourne, Fl where she works to continue providing impeccable service and successful results. Sue is dedicated to continuing education and keeping up with current market trends and activities. You can count on her to give you an honest opinion based on factual information, focusing on the ever-moving components of the market.



Sue belongs to the Space Coast Association of Realtors, Florida Association of Realtors, National Association of Realtors, and Melbourne Regional Chamber of Commerce. She is also a Graduate of the Realtor Institute (GRI), an Accredited Buyers Representative (ABR), and a Certified Distressed Property Expert (CDPE). You will often find her networking with other service providers, expanding her sphere of influence. Count on Sue, to be in your corner with any of your real estate needs.



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## OUT OF LOVE

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### We all have fond and not so fond memories of our school years, don't we?

We remember the good times and the bad; friendships made and friendships broken; the "nice" teachers and the "mean" ones.

I recall a creative writing class I took. My teacher, Mrs. Davidson, was a harsh taskmaster. I was positioned front and center in this class, meaning that I was the first person that her laser-like stare fell upon when she asked questions. Very difficult questions, I might add.

Her desk was a scant few feet from my own desk. She would frequently grade the previous weeks' writing assignments while we worked quietly on the assignment for the next week. Sometimes, amidst the scratching of my pencil upon notebook paper, a chill would creep down my body, freezing my very soul. I could feel her eyes upon me. Trying to be surreptitious, I would shift my gaze toward her desk ever so slightly, only to find her peering at me.

She would glare penetratingly over the tops of her half-moon glasses, her lips a tight, rigid line in her weathered face. She would slowly and almost

imperceptibly shake her head in disgust, before using her corrective pencil-of-doom to administer long red gashes to what I could only assume to be my last homework paper. Now and then she would chuckle to herself, and shake her head back and forth as she wrote marginal comments, likely regarding my complete lack of writing ability or faulty combinations of prepositions and gerunds. Possibly I should've paid more attention during all those years of Schoolhouse Rock. I gaped at her in wide-eyed horror.

The next day, she would hand back the graded papers. I would gasp at the sheer volume of corrections. Entire sentences were cut. There were sarcastic comments about my overuse of flowery adjectives. Big red question marks littered the margins. As I blinked back the tears, my eyes drifted to the top of the paper, only to find the large letter "A" in a circle there.

Later in college, I was in a children's theater troupe, and we returned to my old school to give a performance. Shockingly, Mrs. Davidson introduced me to her pupils as "one of my finest students" and spoke fondly of my

writing ability, mentioning details of subject matter, showing that she truly did remember my work.

Friends, who could've known all that time that Mrs. Davidson was herself a virtuoso of performance art? I realized then that all along she simply found me worthy of correction; worthy of development and discipline. She did it out of love.

I'm reminded of Mrs. Davidson when confronted with occasions of God's loving and gracious discipline in my life. I think of Solomon's words in Proverbs: "My son, do not despise the Lord's discipline, and do not resent his rebuke, because the Lord disciplines those he loves, as a father the son he delights in." (Proverbs 3:11-12)

Take comfort that the trials of life are yet more evidence that God loves us and calls us to be holy, as He is holy: "But just as he who called you is holy, so be holy in all you do..." (1 Peter 1:15-16)

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# Skyrocket Your Success 2013:

Brevard County's Business-Building Event of the Year  
MARCH 7th-9th

**Skyrocket Your Success 2013, Brevard County's business-building event of the year,**

will be held at the Hilton Melbourne Beach Oceanfront March 7-9. Featuring a world-class line-up of faculty and speakers, attendees will transform their businesses and get ready for new levels of success. Designed for entrepreneurs, professional services providers, and sales professionals, the event promises to be a life-transforming and business-breakthrough journey like no other.

The heart of Skyrocket 2013 is a breakthrough 2-day intensive workshop March 7 and 8, where attendees will learn core strategies for making quantum leaps in their business and personal life. An optional VIP Day on March 9 will give participants the opportunity to achieve laser-focus into their own challenges and opportunities, guided by expert faculty.

**Key benefits for attending:**

- Build your customer and client base at accelerated speed through strategic insights, shortcuts, and leverage points
- Discover how to create alternate revenue streams
- Monetize hidden and emerging assets
- Cut your marketing learning curve dramatically
- Learn how to tell your story so that you attract others to your cause and purpose
- Apply new and emerging technologies to achieve dominance in your field
- Save with money- and time-saving tips, including outsourcing for pennies on the dollar
- Identify and break through emotional and/or subconscious barriers that may be holding you back



- Learn how to apply billionaire success secrets to your own business

Skyrocket Your Success 2013 is hosted by Darby Koller, Chief Extraordinaire of Opportunities and Connections, Darby and Partners LLC, and David Shiang, President of Open Sesame Productions. They will be accompanied by expert faculty and will accelerate the success of participants. Attendees are protected by a full 100%

Moneyback Guarantee.

Ticket prices start at \$197 for the 2-Day event and \$197 for the optional VIP Day. 5% of ticket sales will be donated to We Care 2, a Cocoa, FL non-profit that provides shelter for women recovering from alcohol addiction. A limited number of sponsorships are available to businesses who want to reach highly qualified small business owners and decision-makers.

Go to [www.skyrocket2013.com](http://www.skyrocket2013.com) for more information and to reserve your seat. A limited number of bonuses worth thousands of dollars are available to early registrants.

**What Skyrocket Your Success 2013 is Not:**

- This is not a pitchathon with an endless parade of speakers all trying to sell you something.
- This is not a series of lectures. Participants will benefit from group and individual exercises designed to help move their business forward.
- This is not an outpouring of theory that has no practical value.
- This is not for wannabes searching for a magic bullet. Success requires work and effort.
- This is not your average business seminar where you can't wait to go home.

Discover more success at [www.skyrocket2013.com](http://www.skyrocket2013.com).





## TO SELF WITH LOVE

### SPOTLIGHT ON LIFE COACHING

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

**February is the month of love** - full of hearts, chocolates, roses, and all the trappings of romance you could possibly imagine. This year, why not shower yourself with some of that affection? It is the perfect time to spoil yourself. Here are ten ideas to get you started:

#### 1. Pick your passion.

Treat yourself and do something that makes your heart joyful. Take up painting, writing or a new hobby that you have been dying to try. Hire a coach to help you achieve your new goal.

#### 2. Treat yourself for a spa day.

#### 3. Get a new hair style.



#### 4. Go sightseeing in your own town.

Become a tourist for the day.

#### 5. Splurge on a special gift.

Buy something for yourself that you consider completely frivolous!

#### 6. Buy yourself flowers.

Send them to yourself if you are working at the office.

#### 7. Take a good friend out to

lunch or dinner at a restaurant that you normally can't afford.

#### 8. Buy yourself a new scent

of perfume or cologne.

#### 9. Have a personal chef

come to your home.

#### 10. Give to someone in need.

Look in the mirror and see yourself as a beautiful person who is worthy of love, happiness, kindness and all sorts of possibilities. You are that and so much more. Just believe it!

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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](http://SpotlightBrevard.com) for our full monthly online publication? ☐ Yes or ☐ No

4. Have you "LIKED" us on FACEBOOK? ☐ Yes or ☐ No [facebook.com/spotlightmagazinefl](https://facebook.com/spotlightmagazinefl)

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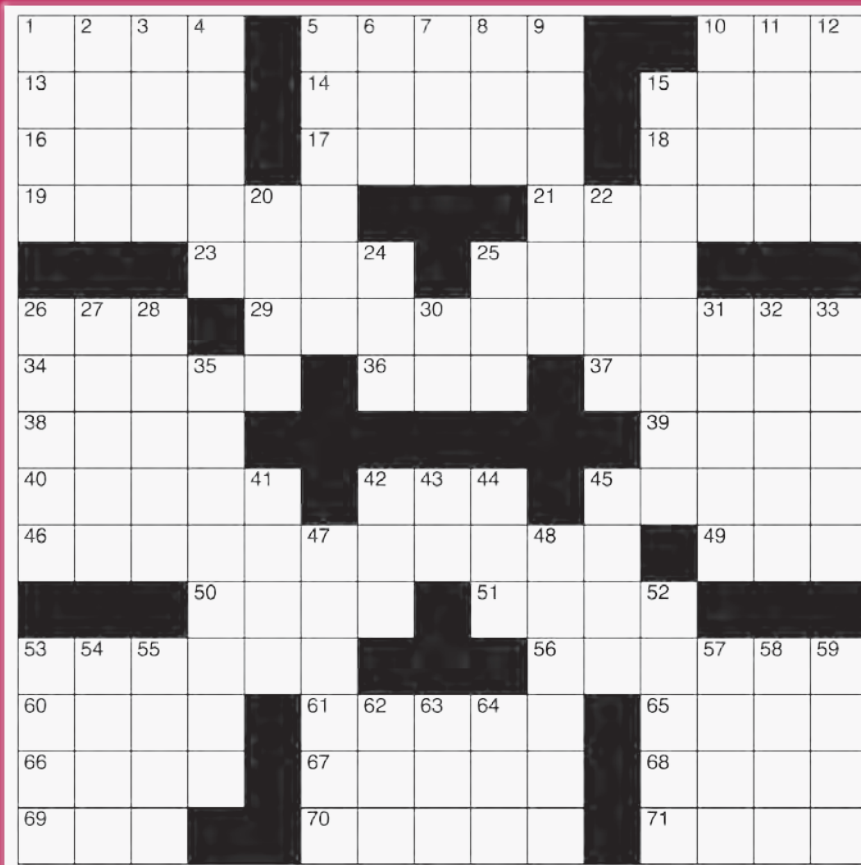
Save A Tree Subscription/Email address (optional) \_\_\_\_\_

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. Jam into
5. Egypt's capital
10. Disfigure
13. Biblical Hamath
14. Vipera berus
15. The three wise men
16. "The foaming cleanser"
17. Earthquake
18. Breezed through
19. South Pacific island
21. Legal possessors
23. List of dishes served
25. Jai \_\_
26. Superhigh frequency
29. Farm fanatic
34. Double agents
36. No (Scottish)
37. Peninsula off Manchuria
38. As fast as can be done (abbr.)
39. Apulian city 70121
40. Talk show host Philbin
42. USA's favorite uncle
45. More coherent
46. PBS drama series
49. Retirement plan
50. Be obedient to
51. French river
53. \_\_ fatale, seductive woman
56. Made a surprise attack
60. Winglike structures
61. Belittle oneself
65. Department of Troyes France
66. Mains
67. Shoe ties
68. A carefree adventure
69. Mariner or sailor
70. Modern chair designer
71. \_\_\_\_ Gin Fizz cocktail

## clues DOWN

1. Chew the fat
2. A prince in India
3. A Far East wet nurse
4. Axiom
5. The frame around a door
6. Fruit drink
7. Ugandan Pres. Amin
8. Real Estate Services
9. Brass that looks like gold
10. Nutmeg seed covering spice
11. River in Austria
12. Eliminates
15. Canadian province
20. Green, Earl Grey and iced
22. Four ball advancement
24. Vase-like receptacle
25. Highest card
26. Uncion
27. 1st of the books of the Minor Prophets
28. Symbols of allegiance
30. Farm state
31. A citizen of Iran
32. More dried-up
33. Alt. spelling for tayra
35. Perfect examples
41. One point E of SE
42. Secretly watch
43. Three toed sloth
44. \_\_ student, learns healing
45. Liquid body substances
47. Act of selling again
48. Stroke
52. Selector switches
53. Speed, not slow
54. City founded by Xenophanes
55. Picasso's mistress Dora
57. Having two units or parts
58. 2nd largest Spanish river
59. Delta Kappa Epsilon nickname
62. The cry made by sheep
63. Air Chief Marshall
64. Perceive with the eyes

answers on page 44



# Coming Out for Puppies

**Now that you have a new puppy,** you might wonder "what's next" until your puppy had all its shots.

The answer is: get busy, time is running out. The optimal socialization for dogs begins at 7 week and ends at about 16 weeks.

So what can one do while waiting for the puppy to get all his shots?

One has to remember that while dogs need to learn to behave properly around other dogs and a dog that lunges and snaps at other dogs is a great problem for its owners, the same behavior towards people can most certainly have fatal consequences for the dog.

So what can we do, in the meantime? Socialize your puppy to people. According to Dr. Ian Dunbar, your pup should have met 300 people by the time he is 4 months old. Sounds like a lot? Here are some suggestions: invite the NICE kids of the neighborhood to come and play with your puppy. Become more social - invite friends, neighbors, co-workers, anyone who wants to fuss over your new pup. Show him off



to the mailman – become creative!

Here is a list of people that they should be on your "hit list" for your pup to meet:

Men and women -beards, hats, glasses included.

Children of all ages – noisy boys, toddlers waddling around, crying babies in strollers.

Always have yummy treats handy for folks to feed to your puppy! But also safe guard your puppy. Do not put him into situations that frighten him.

When it's all said and done, you want your puppy to write home to his parents: Dear mom and dad. Love my new family! There are tons of people around here and they all think I am great...gotta go, have another social engagement.

For more information please visit us at [www.GreatScottDogTraning.com](http://www.GreatScottDogTraning.com).



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# GroundhogFACTS

**Every February 2nd**, people across the country anxiously await the groundhog's weather forecast. Should the groundhog see his shadow, it is six more weeks of winter. If the shadow goes unseen, spring will arrive ahead of schedule. For some, Groundhog Day is the only time a person actually lays eyes on the animal doing the prognosticating. But there's more to groundhogs than their ability to forecast the weather.

Groundhogs do little in that burrow during their winter rest. They go into profound hibernation, where their metabolic rates and their body temperatures drop considerably. Many groundhogs begin to come out of hibernation naturally around early- to mid-February. The groundhogs that make it on television for Groundhog Day may get an earlier wake-up call.

The scientific name of the groundhog is *Marmota monax*. Groundhogs, also known as woodchucks, are closely related to squirrels and actually can climb trees and swim.

Groundhogs are herbivores, mostly feeding on whatever plant material they can find. Because they like crops, many farmers view them as pests. On occasion, groundhogs will scavenge for and eat insects.



The burrows made by the animals have several chambers and different entrances and exits. It may be challenging to find a groundhog's entry point to your yard as a result.

On average, a groundhog will live between 3 to 6 years in the wild. In captivity, a groundhog can live to around age 10.

A wildlife biologist once measured the inside volume of a typical woodchuck burrow. It was estimated that if the hole was filled with wood shavings instead of dirt, that woodchuck could chuck about 700 pounds' worth of wood.

Groundhogs are often mistaken for other animals. In fact, the "gopher" that was seen in the film "Caddyshack" was actually a groundhog.

A groundhog can produce a high-pierced whistle when frightened, which has earned it the nickname "whistlepig."

Groundhog fur is not particularly thick or warm, so the animal has never really been prized for its coat for clothing.

## PUZZLE [PG42] SOLUTION How well did you do?

C	R	A	M		C	A	I	R	O		M	A	R		
H	A	M	A		A	D	D	E	R		M	A	G	I	
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S	E	A	S			L	A	C	E	S		L	A	R	K
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—Continued article from page 32—

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## Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

**Win a \$25 Gift Card to Nature's Market (pg38)**

OUR WINNER LAST MONTH WAS  
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Spot the Spotlight, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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# Tots to Teens 5k Run/Walk

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