

COMPLIMENTARY  
february 2014

# spotlight

*Keeping You in the Light*

MAGAZINE

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Does anyone know where the month of January went? I really was hoping to relax a little after the holidays and glide through the first month of this New Year. But look where we are now.....we're not gliding; it's more like racing!

Just look at today for example. Here we find ourselves reading my notes from our February issue of Spotlight and we are already working on March and April's publications!

Life seems to be going by so quickly these days with so many family activities each month, along with many business events and deadlines to boot. I am not complaining by any means. For the most part, I am having fun and probably would miss all the chaos to some degree I'm sure.

But enough about me....how is your New Year going so far? Did you make any New Year's resolutions, and are you keeping them? It is January 26th as I write my notes for the February issue, and I have not had a soda in twenty six days! I had a little Mountain Dew gut going on that I really wanted to see go bye -bye. So I'm taking it day-by-day, and am proud that I've started to make a change that will hopefully last throughout this year and beyond. It's all about self control and determination.

So, whatever is on your list of to do or not to do, remember, it's all up to you!

Have a great February and Happy Valentine's Day!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine, Inc.*

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**Publisher / Editor**

Bryan McDonough

**Art Director**

Rena Seibert  
[renadesigns.com](http://renadesigns.com)

**Ad Design**

Richard Lewis

**Contributing Writers**

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

**Marketing Director**

Bryan McDonough

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february 2014



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## DANGEROUS SCRIPTURE: God won't give you more than you can bear

by Jim Campbell, First Baptist Church of Melbourne

**I'm starting a series of articles this month entitled "Dangerous Scripture",** and the intent is to write about verses that have made their way into our secular world or even church culture, but have had their meanings twisted or lost altogether in a dangerous way. Let's look at the popular sentiment "God won't give more you than you can bear".

This sentiment is usually used when someone is facing a tough time or a hardship. It's usually given to comfort the person to give them hope, because "God won't give them more than they can bear.". Well, that's wrong...sorry, to be blunt, but I've only got one page. ;) If that's your big saying, don't shoot me, stay with me.

The phrase comes from 1 Corinthians 10:13.

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

It's about temptation, not hardships per say. When you are tempted to go against God, there will always be an option to chose right and not wrong. No desire, urge or mitigating loophole situation exists allowing you to say "well, that conflicts with God's word, but I have no other choice but to go against God." It may be a hard choice or a heart-wrenching choice, but the wrong choice is never the only choice.

As you can see, the verse doesn't talk about the absence of overwhelming physical,

emotional or mental hardship one might face, because people in the Bible have those all the time. Look at the Psalms... no, turn off the "Chill Out Jazz" station on Pandora, put down the coffee and read. David isn't just writing beautiful poetry, he's screaming to God because he's at the end of his rope. So often he says basically, "I'm going down if you don't show up, God, because, without You, life IS too much for me to bear."

Looking further through Scripture, people died following Jesus. In fact, I read the number of people who were martyred following Christ DOUBLED last year worldwide. I'm pretty sure that shows that whatever came their way, it was more than they could bear physically. God will be with you. God will give you strength. God is in control, is faithful, never lies, loves you, and honors those who put Him first. All these things are true, and it's true that God will provide you the strength you need to do what He has for you to do, but the bottom line truth of the Gospel is that you CAN'T handle life on your own. Ultimately, without Jesus, the sin that chases you, will destroy you.

If that's your go-to phrase in time of grief, change it. Because if they believe you, you might put them in a place more dangerous and misleading than they already are. Life alone IS more than you can bear, that's kind of the point...

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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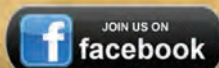
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# The Immune System

by Dr. Kevin Kilday, PhD, DNH

**FACTS: Today, 42% of Americans can expect to develop cancer in his or her lifetime (that is almost 1 out of 2 of us), and 24% are expected to die from it.** According to the latest statistics compiled by the American Heart Association, cancer surpasses heart disease as the top killer among Americans between the ages of 45 to 74. Cancer rates are on the rise and you or someone you know has cancer or has died from it.

Please go to my website [www.holistichealthcenter.us](http://www.holistichealthcenter.us) and read my complete program Winning Against Cancer as I will cover very briefly the immune system.

It is vital to strengthen the immune system to prevent cancer or in your battle against cancer. A weakened immune system leads to cancer. A strong immune system seeks out and destroys cancer cells.

For most of your life, your immune system successfully fought cancerous cells, killing them as they developed. That's its job. In fact, the only job Natural Killer cells have is to kill cancer cells and viruses. For cancer to develop, your immune system must either be worn out, ineffective, unable to kill cancer cells as fast as they normally develop, or you must be exposed to a mass of cancer causing toxins, radiation or some such thing, that increase the rate of development of cancer cells to an abnormally high level that your immune system can't handle.

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**New Day Café is a small family owned breakfast and lunch restaurant/café with a focus on classic American fare.** Our food is simple with a few surprises that most will relate to good down-home cooking. New Day Café is not overly fancy, nor expensive.... But is the kind of place where our guest can feel at home in. Our business philosophy is simple; we strive to put out a consistently good product for an affordable price with a friendly comfortable atmosphere.

### A bit of history....

Before opening New Day Café in February 2013, with Husband Keith Waldron, Jessica Waldron worked in medical billing with Health South for more than 10 years.

Keith has a Bachelor's Degree in Art from the University of South Florida. He previously worked as the kitchen manager at Calvary Chapel's Common Grounds Café in West Melbourne, for more than four years. He also worked as the production Supervisor at Stark Truss for about eight years. Keith also got his start in the kitchen with his father, Ken Waldron, at an early age, at the Downtowner Restaurant in downtown Melbourne. He worked for many years including Co-Owner at one point.



Keith & Jessica Waldron

At New Day Café we serve Breakfast and Lunch.

Menu items include Traditional American Breakfast items such as, Omelets, Pancakes, French Toast (including our Stuffed French Toast) and our Sausage Gravy is made from

scratch. The Corned Beef Hash is also house made and very popular. All our muffins, cookies, biscuits and bakery items are baked in house. Some other breakfast favorites are the Eggs Benedict (Traditional, Florentine and a New Day Café exclusive with green chilies). Lunch items include many grilled cheese sandwich combinations, Burgers (our southwest burger was a semi finalist on Bobby Flay's Burger Contest on the Rachel Ray Show), Patty Melts, Hot and cold sandwiches and even salads. We also have a house made Soup of the Day with daily specials. We also feature a wide selection of Hot Sauces for you to check out.

Local watercolor Artist Debbie Johnson's work is on display and for sale at the New Day café. Her paintings go well with the bright color scheme of New Day Café.

Come and check us out and celebrate our 1 Year Anniversary the entire month of February. We will have great specials all month to say "Thank You" to our loyal customers and those who come in for their very first time; we will be ready to serve you. On weekends you will get to meet our seven year old son, Kalen, who loves to help out when he isn't in school or playing Ice Hockey for the Space Coast Hurricanes Mites Travel Team.

We look forward to seeing you real soon at the New Day Café at 914 W. New Haven Ave. Melbourne (in the SunCrest Plaza) 321-722-3000. Our hours of operation are Tues-Fri 7am-2pm; Sat & Sun 7am-1pm (Breakfast Only) - closed on Mondays. You can visit us on the web at [eatatnewdaycafe.com](http://eatatnewdaycafe.com) and "Like Us" on Facebook at [facebook.com/newdaycafemelbourne](https://www.facebook.com/newdaycafemelbourne).



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would still be here 48 years later as a major seafood festival and now serving nearly 30,000? We have gone from serving a traditional fried fish dinner of fish, hush puppies, cole slaw, and baked beans to having over twenty food booths serving over 30 different varieties of seafood, along with food for landlubbers too.

We always try to keep a good variety of choices to choose from and we occasionally add new items, like last year

we added a lobster roll and grilled fish sandwich,

which were both very popular. So this year we are introducing another new item ... CRAWFISH ... which will be served from the 'Kabob' booth 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, from 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.

We are still a small town .. caring for our residents, giving to our community and remembering how we began.





# Dancing Under The Stars



**Saturday, Feb. 15 from 7-10 pm**  
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## ALL THINGS ARTSY IN BREVARD!

### SPOTLIGHT ON THE ARTS

by Pam Mankowski

**February is a great month for community entertainment** and my home calendar is already dotted with fun and interesting plans. After a holiday visit with my very busy theatre friend Arlan Ropp, I marked my new calendar on **February 8, 2014 at 2:00 p.m. and 7:00 p.m. for the concert NOW, That Was FUN!** What is Arlan's entertaining distraction for me this time? Just a fun show brimming with great barbershop harmony featuring The Greater Canaveral Chapter of The Barbershop Harmony Society.

Most barbershop choruses belong to a larger association of practitioners known as the Barbershop Harmony Society. Barbershop vocal harmony is "a style of a cappella or unaccompanied vocal music characterized by consonant four-part chords for every melody note in a predominantly homophonic texture". For those unfamiliar with this musical explanation, a barbershop chorus is a chorus that sings a cappella music in the barbershop style. According to the BHS, "Barbershop music features songs with understandable lyrics and easily singable melodies".

The Greater Canaveral Chapter of The Barbershop Harmony Society presentation of **NOW, That Was FUN!**, will be held at the Scott Center for the Performing Arts at Holy Trinity Episcopal Academy, 5625 Holy Trinity Drive, Melbourne, just off the Pineda Causeway. The show will feature the comedy quartet "Lunch Break", past Dixie District Champions presenting a rib-tickling performance; the International Collegiate Silver Medalist quartet "The Sunny Boys" and "The Space Coast Chorus".

Admission for **NOW, That Was FUN!** is \$15.00. For tickets, call Rick Ricker at 321-639-9699 or Lonnie Freund at 321-449-4030. For more information about this 501(c)3 non-profit organization which initiates and promotes charitable projects within the community and is committed to cultivating

music appreciation and keeping music education in our schools, check out [www.spacecoastchorus.net](http://www.spacecoastchorus.net) and [www.hcharmonizers.com](http://www.hcharmonizers.com).

In addition to the concert on February 8, The Greater Canaveral Chapter of The Barbershop Harmony Society will

have uniformed quartets delivering Singing Valentines throughout Brevard County on February 13, 14, 15 and 16. Each quartet will present two love songs, a rose, a box of chocolates and a personal message to those recipients. The cost for this special Valentine gift is \$40.00 and if



you wish to book a quartet to entertain your beloved spouse, parent, sweetheart, boss and any other lucky person, call Jim Storms at 321-254-9223.

My Valentine and I will also be attending the 1st Annual **SECOND CHANCE PROM** on Saturday, February 15 at 8:00 p.m. Second Chance Prom is an event dedicated to the idea that we all deserve a second chance - and that our best days are still ahead of us. Dress up in your best prom finery and join us on a journey down memory lane! The Prom features valet parking, food provided by Outback Steakhouse - Palm Bay, and El Chico, live band, charity auction, full service bar (you didn't have that in high school!) and much more. Located at 702 E. New Haven Avenue, Downtown Melbourne, for more information contact Sam Brown at 321-759-2730 or e-mail [ccabrevard@gmail.com](mailto:ccabrevard@gmail.com).

Hope to see you around town enjoying the fun and entertainment available in Brevard County. Don't forget to check out community theaters, music and symphony concerts, art centers such as the new home of Strawbridge Art League on Melbourne Court, Downtown Melbourne and all things Artsy!



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# HEART HEALTHY: HOW CHIROPRACTIC TREATMENTS CAN HELP

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

**Heart Disease continues to be our nation's number one killer** and is the greatest burden on our health care system today, costing the United States billions of hard earned dollars each year in health care costs. We are all probably aware that maintaining a healthy diet and exercising are key factors in preventing heart disease, but did you know that chiropractic treatment may also be used to fight heart disease? Research has shown that "Chiropractic adjustments to the upper part of the neck can have a positive effect on significantly lowering your blood pressure for an extended period of time." While other studies have shown that adjustments of the bones in your neck and lower back can stimulate particular nervous system reflexes, causing a decrease in overall heart rate and blood pressure. Here are just a few of the things chiropractic care can do to help maintain heart health:

### Educate yourself

In the fight against heart disease, one of the the best things to do is become educated about how to prevent heart disease, what causes it, and how to combat and recognize various symptoms.



Your chiropractor will be able to give you valuable information and come up with a plan to maintain your heart. Apart from performing adjustments, your trained chiropractor is also there to provide information pertaining to your overall health, diet, and exercise. Your chiropractor can provide the support and guidance that you need to change and apply new health strategies.

### Relieve stress

Pain is one of the main factors of stress. Of course genetics play a part in heart health, but stress, sadly is truly a killer. We all know that stress affects our heart health enormously, lowering our immune system, and manifesting poorly with regards to our overall health. Adjustments to relieve and prevent pain caused by accident or injury can decrease stress levels and lower blood pressure, leading you towards the path to better heart health.

### Boost immunity

Chiropractic care can increase vitality, boost immunity, relieve a variety of musculoskeletal ailments, and strengthen the heart and cardiovascular system for both men and women. A stronger immune system naturally means a stronger, and healthier heart. Because it is important to recognize the symptoms of a heart attack, regular visits to your chiropractor who is trained to diagnose and look out for specific ailments and symptoms could quite literally save your life!

### Adjust your thinking

Chiropractic adjustments can correct vertebral subluxations, which interfere with normal nerve and body function, but that's not all! Because chiropractic care is a drug-free approach to healing, you will find yourself adjusting your way of thinking when it comes to your health. The wealth of knowledge that your chiropractor has with regards to pain management and nutrition will have you changing your life for the better in no time.



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## CELEBRATE THE LIGHT

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

**You may have read about the small Norwegian town of Rjukan (pronounced roo-kahn) which was in the news a few months back.**

The town is situated between steep mountains and for six months every year the little town is shrouded in semi-darkness as the great peaks cast their shadows over the terrain below. During the winter months the only way the residents can get a dose of sunlight is to take a cable car ride to the top of a nearby ridge. That is, until recently.

On a cold day in October 2013, the entire village assembled to witness a miraculous event -- for the first time ever faint rays from the winter sun reached the town's market square!

What happened? What brought the town out of the shadows and into the light? Believe it or not, a local artist devised a plan to install three giant mirrors high on the mountain. The solar-powered, computer-controlled mirrors steadily track the



movement of the sun across the sky, reflecting its rays down on to the square, bathing it in bright sunlight.

To mark the occasion of the mirrors' dazzling debut, a band performed the popular song, "Let The Sunshine In." The entire town -- some on beach chairs and donning sunglasses -- watched and cheered wildly as the sun crept from behind a cloud reflecting off the mirrors onto their families and friends below.

Said one villager, "Before when it was a fine day, you knew that the sky was blue and you knew that the sun was shining. But you couldn't quite see it. It was very frustrating. And now this feels warm," she beamed. "It will be lovely to come out and feel this warmth on my face."

We are blessed (especially in Florida) to enjoy the warm rays of the sun just about every day.

Regardless of how bright the sun shines, it does not erase the darkness of man's heart. There is a light greater than

"I am the light of the world. If you follow me, you won't have to walk in darkness because you will have the light that leads to life." --John 8:12

any mirrors reflection that illuminates the darkness.

Read the promise of the Son:

*I am the light of the world. if you follow me, you won't have to walk in darkness because you will have the light that leads to life. John 8:12*

*I have come as a light to shine in this dark world, so that all who put their trust in me will no longer remain in the dark. John 12:46.*

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All Entrees served with side dishes
4. Raspberry Coconut Rice Pudding  
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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...if dreams, or visions, are contrary to scripture, they're not from God."

"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,**

**Due to a family feud, I've been estranged from my family for over fifteen years. To be honest, I don't remember who started it, or for that matter, what it was about. My childhood memories consist of: verbal and physical fights with siblings and of our parent's incessant drinking. My arms still bear the scars from my sister's finger-nails. As soon as I turned eighteen, I flew to the east coast and washed my hands of my entire family.**

**I've recently become engaged and my fiancée wants to have children—I don't. It's not that I don't love children (especially babies), but I'm terrified our family will evolve into something like the one I was raised in. I thought if I made amends, with my family, I'd be able to start this new chapter of my life; so I looked, and I found them on Facebook. I felt like I'd been punched in the gut! I found out that one of my brothers died in an accident—and not one person had the decency to tell me. I am angry and hurt; and now I'm wondering if I should marry at all.**

**—Christina of Melbourne, Florida**

Dear Christina,  
Regrettably, we can choose our friends—but not our families. I understand your misgivings, but history needn't repeat itself. Generational curses can be broken, and the answer is—salvation through Jesus Christ.

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come" 2 Corinthians 5:17 (ESV).

It's essential for me to address another vital issue—forgiveness. You were right when you thought to make amends with your family; but you need to follow through. The Bible says, we are not forgiven, of our sins, unless we forgive others.

"For if you forgive others their trespasses, your heavenly Father will forgive you" Matthew 6:14 (ESV). And Matthew 5:44 says, "But I say to you, love your enemies and pray for those who

persecute you. Another great example is found in the book of Ephesians 4:32, "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

I advise you to hold off on the engagement until these issues are resolved. In addition, I strongly recommend you, and your fiancée, seek Christian, pre-marital counseling.

**Dear Val,**

**Does God still speak to people through visions and dreams?**

**—Andy of Melbourne, Florida**

Dear Andy,  
Absolutely; in fact, I've personally had four visions, and I know others who've experienced visions as well. But we shouldn't expect them as a regular occurrence. In the Bible, there are many examples of God communicating through dreams and visions. The best known were: Joseph (son of Jacob), Joseph (husband of Mary), Peter, Paul, John, Daniel, Isaiah and Ezekiel.

And in our generation, there've been many reports, from around the world, describing visions or dreams believed to be given from God. Go on Youtube, type in the search window, "Muslims converting to Christianity after visions or dreams." You will be amazed! In several countries, the Bible is illegal, and numerous lives are brutally ended, on a daily basis, simply for preaching the Gospel. For many of the people, living in these regions, God has chosen to speak His message directly to them.

But please remember...we must always exercise caution when interpreting dreams and visions. The Bible has absolute authority; and if dreams, or visions, are contrary to scripture, they're not from God.

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 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 NEW YEAR! SPOTLIGHT ON COOKING

by Cecelia Danas

When I was doing catering (a long time ago) this was my biggest seller!

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# Happy Valentines

### White Chocolate Raspberry Swirl Cheesecake

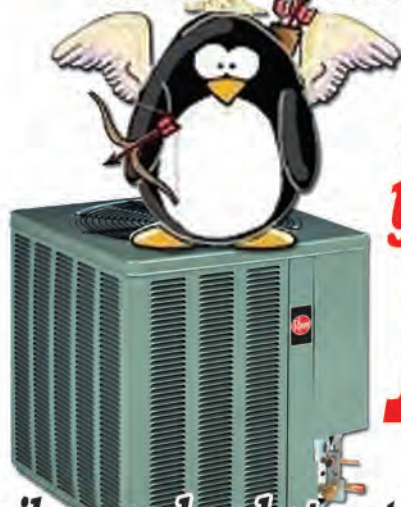
1 cup chocolate cookie crumbs	2 tablespoons white sugar	3 (8 ounce) packages cream cheese, softened
3 tablespoons white sugar	2 teaspoons cornstarch	1/2 cup white sugar
1/4 cup butter, melted	1/2 cup water	3 eggs
1 (10 ounce) package frozen raspberries	2 cups white chocolate chips	1 teaspoon vanilla extract
	1/2 cup half-and-half cream	

In a medium bowl, mix together cookie crumbs, 3 tablespoons sugar, and melted butter. Press mixture into the bottom of a 9 inch spring-form pan. In a saucepan, combine raspberries, 2 tablespoons sugar, cornstarch, and water. Bring to boil, and continue boiling 5 minutes, or until sauce is thick. Strain sauce through a mesh strainer to remove seeds. Preheat oven to 325F. In a metal bowl over a pan of simmering water, melt white chocolate chips with half-and-half, stirring occasionally until smooth.

In a large bowl, mix together cream cheese and 1/2 cup sugar until smooth. Beat in eggs one at a time. Blend in vanilla and melted white chocolate. Pour half of batter over crust. Spoon 3 tablespoons raspberry sauce over batter. Pour remaining cheesecake batter into pan, and again spoon 3 tablespoons raspberry sauce over the top. Swirl batter with the tip of a knife to create a marbled effect. Bake for 55 to 60 minutes, or until filling is set. Cool, cover with plastic wrap, and refrigerate for 8 hours before removing from pan. Serve with remaining raspberry sauce.

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# Revive the Art of Letter Writing

**Getting a handwritten letter nowadays is extraordinary,** as people often do not take the time to write letters in an age when emailing, texting and tweeting have revolutionized the way people communicate with one another. However, writing notes, letters and exclamations of love can be more intimate, especially on Valentine's Day.

In France, love letters are called billet doux. The French are known to be romantics at heart, but that doesn't mean people from all over the globe can't put pen to paper to express their feelings. Handwritten letters are often seen as thoughtful gestures, especially when those letters are expressing intimate sentiment. Here are some guidelines for writing a love note or letter.

**Visit a stationery store** and find a nice piece of stationery and envelope to use for the letter. If you are putting forth the effort to create a beautiful, handwritten letter, you can add to the experience by selecting a fine paper on

which to write. There are many different types of paper, including some that are embossed. Some may even feature flower petals or leaves embedded in the paper.

**Brush up on your penmanship.** A letter will be rendered useless if it isn't legible. Therefore, practice penmanship before sitting down to write your letter.

**Have a picture of the person** to whom you will be addressing the letter nearby. This may provide some inspiration. Jot down ideas on a piece of scrap paper. Think about how your romantic partner makes you feel and the qualities he or she possesses that you find appealing, and use concrete examples why you love and care for this person.

Write a rough draft of the letter and be sure to proofread it for misspellings and grammatical errors.

**Always write from the heart** and be sincere in what you say. Try to call out



specific examples that recall particularly fond memories.

**Write your final copy of the letter on the good paper.** Make sure it is neat and legible. Be sure you date it because it is likely the note will be saved.

**You may want to wait a day or two before sending the letter** to be sure the sentiments you expressed are truly what you want to say. If so, mail or hand deliver the note.

Love letters and other handwritten notes are quickly becoming a thing of the past, as technology has largely replaced pen and paper. Yet, those who want to add a special touch to any occasion can choose to write a letter and make a lasting impression.



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## Papercrafting for Valentine's Day

Millions of cards are exchanged each Valentine's Day, which, according to the Greeting Card Association, is the second most popular holiday to exchange cards, trailing only Christmas.

While thousands of greeting cards perfectly express personal sentiments, many individuals still prefer to craft their own personalized valentines. Papercrafting creates something unique and worthy of saving. An art form in which paper is used to create three-dimensional objects, such as models or sculptures, papercrafting's most widely known manifestation is origami, in which paper is folded and manipulated into various forms. Papercraft also can be used to make pop-up cards and other elaborate creations.

Papercrafting can be enjoyable and challenging and generally requires a good eye for design. But computer software programs and templates exist to make papercrafting a more viable option for those without a flare for design.

One of the advantages to papercrafting is it

tends to be inexpensive. All a person needs is paper, a creative idea, a cutting tool, and an adhesive. Various projects can be created to make heart sculptures, homemade paper gift boxes, cupids, cards, and three-dimensional flowers ideal for Valentine's Day. Web sites like [pepakurcorner.blogspot.com](http://pepakurcorner.blogspot.com), [www.papercraftsquare.com](http://www.papercraftsquare.com) or [kelleighratzloff.com](http://kelleighratzloff.com) are great resources for prospective papercrafters.

Craft stores such as Michaels, A.C. Moore and Hobby Lobby also may offer tutorials on how to design and build various papercrafts. Visit a local store and inquire about classes. Such stores also may have books on papercrafting that often come with templates to help beginners get started. Books worth investigating include "Paper + Craft: 25 Charming Gifts, Accents, and Accessories to Make from Paper," by Minhee and Truman Cho; "Paper Model: 101 Exceptional Projects to Make Out of Everyday Paper," by Kayte Terry; and "Decorating with Papercraft: 25 Fresh and Eco-Friendly Projects for the Home," by Clare Youngs.

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**Happy  
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# Groundhog facts

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.

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## BEWARE FRAUD ALERT E-MAIL SCAMS

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**E-mail scams tend to be 'phishing' expeditions by scammers that are looking to gain the information necessary** to take advantage of random victims. E-mail is a very efficient way to send out tens of millions of cleverly crafted messages that incorporate social engineering tactics that can fool even the most diligent of users. Social engineering is designed to exploit the weakness in people instead of a vulnerability on a computer: Think of it as hacking humans.

Common scams include sending an email asking you to confirm information on a transaction. Another version of the scam might alert you that your credit card has been shut off until you verify questionable charges, which you can do by clicking an attached link. Both of these emails can seem legitimate and allow you to let your guard down.

If scammers can get you to trust the information they send and if they include an easy way to resolve the situation (usually a link to a site that would look exactly like your financial institution's site),

it can all seem like "business as usual". It isn't.

I'm not aware of any credit card company that would ever use email to alert you of potentially fraudulent activity on your account. It's usually a phone call, or in some cases, an app that you chose to install on your smartphone or tablet.

Even phone calls from what seems to be your credit card company can be scammers trying to get you to give up your three digit security code on the back of your card, because they acquired your credit card number and contact information and need the code to use your account to make online purchases.

Once again, the credit card company wouldn't ask you for that code, since they already know what it is. They'll generally ask you a series of security questions that

may include the last four digits of your social security number or a security code that you set up yourself.

The biggest problem with social engineering scams is that they are constantly changing to reflect what credit card companies are setting up as security measures, which makes them difficult to protect against with simple advice.

Email is still the most productive way for scammers to gather victims, so your suspicion level for anything you get from what appears to be a bank, credit card company, or merchant should always be high. This focus by cybercriminals on email scams is a really good reason to seek out a mobile app from your financial institution so that you can always directly communicate with them from a trusted interface.

Even when you think an email message is legitimate, you should avoid clicking on any of its attached links. Instead, call the company or open a browser window yourself and manually go to the company's website or use your mobile app to access your account.

If the information sent via email is legitimate, it will show up when you log into your account or mobile app.



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# Improving HEART HEALTH Need not be Difficult

**Heart disease is one of the leading causes of death across the globe.** According to the World Health Organization, ischaemic heart disease, in which blood supply to the heart is reduced, is the leading cause of death in middle- and high-income countries and the fourth-leading cause of death in low-income countries.

Perhaps the most troubling fact about the prevalence of heart disease is that it can be largely preventable. The American Heart Association notes that there are several ways to easily improve heart health and avoid becoming one of the millions of people to succumb to heart disease.

**Embrace aerobic exercise.** Aerobic exercise is essential to cardiovascular health. Daily aerobic exercise, which can be as simple as walking around the neighborhood, can help men and women lower their blood pressure, maintain a healthy weight and lower their bad cholesterol, which can circulate in the



blood and cause blockages that can lead to heart attack.

**Adopt a low-sodium diet that's also low in cholesterol.** Diet can be a friend or foe with regards to heart disease. A heart-friendly diet that's low in sodium and cholesterol can help you maintain healthy cholesterol levels as well as a healthy blood pressure.

**Monitor your blood pressure.** A blood pressure reading is a staple of many doctor visits, but men and women should monitor their blood pressure even when they aren't visiting their physicians. High blood pressure does not always produce symptoms, but that doesn't mean it isn't potentially deadly. High blood pressure is the leading cause of stroke and can contribute to heart and kidney disease. So be sure to monitor your blood pressure and discuss with your physician ways to lower high blood pressure.



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# Advanced Care Available at the Center for Retinal Care at The Eye Institute

Compassionate, advanced care delivered in a professional setting are the key components to successful treatment of patients with the most serious eye conditions.



Carol Zarella

Thomas Adams requires sharp vision as he navigates the waters off Cocoa Beach as the captain of the charter fishing boat *Miss Cape Canaveral*. "My eyesight is a key component in what I do," Thomas says. "I can't steer my ship, literally, without my eyes. One day, my vision started to blur and it went downhill very quickly. I was very concerned."

Diagnosed with wet macular degeneration, Thomas credits retina specialist Gary J. Ganiban, MD, of The Eye Institute for Medicine & Surgery, with saving his vision. "My primary doctor referred me to Dr. Ganiban many years ago, and I can tell you that I still have vision in both eyes only because of how hard Dr. Ganiban has fought to maintain it," recalls Thomas. "Over the years, Dr. Ganiban has placed numerous injections of special medications that have kept my macular degeneration from worsening."

Wet macular degeneration occurs when abnormal blood vessels form underneath the retina. These new blood vessels leak fluid or blood and blur central vision. Vision loss can be rapid and severe in the absence of aggressive therapy.

## Stem Cell Research

"While stem cell research is still in its early stages, we have a great deal to be hopeful about going forward in treating wet macular degeneration," reports Dr. Ganiban, who completed a prestigious Fellowship in Medical and Surgical Treatment of Vitreoretinal diseases at Louisiana State University.

Dr. Ganiban and his partner, retina specialist Hetal D. Vaishnav, MD, were among the first eye physicians to adopt the latest generation of medications, including Avastin, Lucentis, Eylea and Macugen, as well as various laser therapies to slow the progression of, and in some cases begin to reverse the effects of, macular degeneration.

"Both myself and Dr. Vaishnav are following the latest research and developments in stem cell research very closely," Dr. Ganiban explains. "Thus far, it appears that the implantation of stem cells in the eye is a safe procedure. The human body is not having an immune response that would lead to the rejection of these new cells. Patients involved in the trials have experienced new growth of retinal cells instead of progressively losing more cells, which is what would have happened in the absence of treatment. Patients are reporting enhanced peripheral vision.

"Prior to treatments, one study patient could only see hand motion. She could not read any letters on a standard eye chart. One month following stem cell treatment, she could read five letters. But this new ability to read letters does not fully explain how much improvement the patient perceived to have experienced. This same patient reported being able to discern colors more fully, to be able to read her wrist watch and even to begin to use her computer. This is truly remarkable," Dr. Ganiban adds.

Dr. Ganiban remains cautiously optimistic, stating that while these results are exciting, they are preliminary, and that more data needs to be studied before these therapies can be applied to a broader range of patients. He reports that these initial study patients are continuing to do well, which is very encouraging.

While stem cell therapy is not a "cure" for blindness that has already occurred, the hope is that through further research, scientists and physicians may be able to apply therapies that slow or halt the



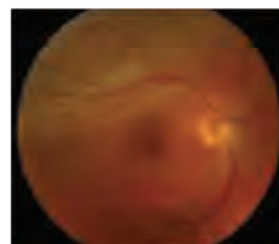
progression of the much more common dry form of macular degeneration. Should this become possible, early detection will be the key to maintaining vision and quality of life for affected patients.

### Retinal Detachment Repairs

For Chuck Helmke, clear vision is particularly critical. Chuck is the chief tactical firearms instructor at the American Police Hall of Fame, in Titusville. "My eyesight is critical to my business and my passion, which is teaching people how to successfully defend themselves against criminals intent upon doing harm," reports Chuck.

Chuck suffered a retinal detachment, an eye condition that can lead to blindness in the absence of timely care, but fortunately his story has a happy ending. Chuck had a retinal detachment repair by Dr. Vaishnav at The Eye Institute for Medicine & Surgery. "I knew that there was a problem before I got to the office because of the changes I experienced in my vision and I was concerned," Chuck says.

"Soon after my eyes were dilated, Dr. Vaishnav was able to examine me, and he thoroughly explained the retinal detachment, as well as how he proposed to repair it. He was very confident and I felt comfortable with him right away. My surgery was a complete success and I am grateful for having my sight restored. I trust him with my eyes completely."



*Dr. Ganiban and Dr. Vaishnav were among the first surgeons to begin using Jetrea, the latest treatment for early macular holes, also known as vitreo-macular traction.*

Dr. Ganiban is the lead clinical investigator for a research consortium currently developing enhancements to the retinal detachment repair process. The ultimate goal of their research is to improve quality of life for retinal detachment patients by decreasing recovery time following surgery. This leading-edge research is being conducted at the University of Central Florida and the Florida Institute of Technology.

### Vitreo-Macular Traction

Dr. Ganiban and Dr. Vaishnav were among the first surgeons to begin using *Jetrea*, the latest treatment for early macular holes, also known as *vitreo-macular traction*. "Whenever the macula, or the central part of the retina, is compromised in any way, patients may experience blurred or distorted vision. Until recently, surgery was the only viable treatment option once vision worsened past a certain point," explains Dr. Vaishnav. "With the introduction of *Jetrea*, we have a new, highly effective means of treating early macular holes without the need for surgery."

This was of great benefit to Carol Zarella, who was recently treated for an early macular hole by Dr. Ganiban. "I was nervous about having the treatment at first, but it was a total success," relays Carol. "I see much better and the wavy lines are gone. Dr. Ganiban was wonderful and I can't say enough about the staff at The Eye Institute for Medicine and Surgery."

"Patient satisfaction and achieving the best possible outcomes are our top priority," adds Dr. Ganiban. "It's really exciting when a patient tells me that, for the first time in years, they perceive that they are seeing better," Dr. Ganiban explains. "Every patient we see is someone's husband, wife, mom, dad, friend or grandparent. Dr. Vaishnav and I never lose sight of this. We treat each of our patients individually and strive to provide exceptional care."



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## Beads –an Essential Element of Mardi Gras

**Mardi Gras beads are an enduring symbol of the carnival celebration.** Revelers will wait in crowds along parade routes eager to catch the beads that are tossed down upon them.

The meaning behind Mardi Gras beads has never been entirely clear. In fact, the beads take on different meanings depending on the person. Some people associate the beads with good luck, while others believe the “jewelry” is reminiscent of royalty who could afford lavish baubles. The less fortunate would stand on the side of roads begging for trinkets from the wealthy, and the phrase, “throw me something, mister” can still be heard

during Mardi Gras celebrations. Others view the beads as a form of currency that could buy favors from others, perhaps even a glimpse of flesh during more raucous celebrations.

Mardi Gras beads were once made of glass, but less expensive plastic beads are now used. Some Mardi Gras festivities feature large, novelty beads that tie into a particular theme.

Beads are just one of the many types of “throws” cast to partygoers during Mardi Gras. Krewes, or carnival organizations that are part of parade planning, may also toss doubloons, money and other trinkets. Some krewes also have other events, such as private dances or parties, that may or may not feature the distribution of throws. Krewes also are responsible for electing the king of the parade. The Rex Krewe, founded in 1872, is one of the premier krewes of the Mardi Gras celebration.

Their traditional colors are purple, green and gold, which have become the official colors of Mardi Gras Carnival. Their throws, including specially struck coins like the gold Rex doubloon, are sought-after pieces.

Many of the traditions associated with Mardi Gras have ancient origins. Many of the festivities enjoyed in New Orleans, one of the more popular places to enjoy Carnival, include French customs brought by early settlers to the area. Since Mardi Gras is the last day before the start of the Christian Lenten season, which is a time of repentance and remembrance of Christ’s ultimate sacrifice, revelers engage in a final party before the solemnity of Lent. Early celebrations and processions were impromptu, but over time Mardi Gras festivities became more orderly and were planned months in advance.

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

How many things can you find that have to do with **Valentine’s Day?**

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

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## Our Beginning. Our Purpose. Our Mission.

**God made us in such a way that he allows us to be healed of any illness, if we allow it with a healthy lifestyle.** I learned this lesson the hard way, through personal experience. In 2012, I had very serious psoriasis. For those who are unfamiliar, Psoriasis is "autoimmune disease." The word autoimmune means immunity against self. In other words, the body turns and fights against itself. Needless to say, this isn't a healthy state to be in. How did I get an autoimmune disease? To an old farm boy, who does not know the exact science of it, what this simply means is that: I have, sometimes unknowingly, been eating unnutritious food for a long time, breathing air from a less than pristine environment, working in a less than healthy environment, and sleeping more, or less, than I should be. Does that sound familiar? Eating foods that are rich

in healthy nutrients, breathing fresh, clean air, working in a healthy environment, and sleeping well are all essential aspects of life, and should be well attended to.

Today, across America, genetically modified foods (GMO), and Non-Organic, nutrient deficient, pesticide laden foods are served and consumed, most times, without a second thought. Ignorant eating has compromised our immune systems. If you are familiar with this fact, and have



water, food and air, and to help people to heal from their damaging effects.

Owner, Dennis Mannion says, "We want to help people to help themselves, and make the lifestyle changes that are so necessary, in order to allow our bodies to begin healing from the inside, out." Juice Is Us, a corporation, in partnership with Godly Lifestyle Farms, a Community Supported Agriculture (CSA), is helping people to accomplish those goals, and could help you, too.

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reached the "age of reason," then you already know that: fast food, drugs (both good, and bad), doctors, hospitals, and poisonous air, are words used all too frequently, by many people. After receiving the diagnosis of psoriasis, I thought that relaxing during my retirement would help me to heal, but it did not. After watching the movie, "Fat, Sick & Nearly Dead," I went on a 60-day juice fast, and I was amazed when that did the trick. When our bodies are getting the nutrition they require, they begin to heal, naturally. I began Juice Is Us to address the growing concern of our unhealthy

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# Amazing Facts about the Human Heart

## Every Valentine's Day homes and businesses dress up the decor with cupids and hearts

to celebrate a day all about love and affection. The heart shape has been used to symbolically represent the human heart as the center of emotion and romantic love. Hearts symbolizing love can be traced back to the Middle Ages.

Those familiar with human anatomy realize that an actual heart bares very little resemblance to the ideographic heart shape used in art and imagery. Similarly, the human heart really has nothing to do with human emotions. Despite this, there are many interesting components of the heart, and a man or woman truly cannot love or live without one.

The heart as an organ is relatively small in size. It is roughly the size of a fist and weighs only 11 ounces on average. Although diminutive, the heart is responsible for pumping 2,000 gallons of blood through 60,000 miles of blood vessels each day. It accomplishes this by beating 72 times a minute in a healthy adult. All of the cells in the body receive blood except for the corneas in the eye.

The heart works harder than any other muscle in the body. In a fetus, it begins beating at four weeks after conception and will not stop until a person's time of death. Even then, sometimes the heart can be revived. A heart can also continue to beat outside of the body provided it has an adequate oxygen supply.

Although many people refer to all of the blood vessels in their body as "veins," they're actually a combination of veins and arteries. Veins carry fresh, oxygenated blood to the body through arteries. The main artery leaving the left heart ventricle is called the aorta, while the main artery leaving the right ventricle is known as the pulmonary artery. Blood traveling back to the heart flows through veins after it has passed the lungs to pick up oxygen. The thumping noise that is heard while the heart is beating is actually the chambers of the heart closing and opening as blood flows through.

While the heart may not be the cornerstone of emotions, it can be affected by feelings. Studies have shown that a "broken heart" is a real occurrence, according to Live Science. Bad news or a breakup with a loved one can put a person at increased risk for heart attack. This type of trauma releases stress hormones into the body that can stun the heart. Chest pain and shortness of breath ensue but can be remedied after some rest.

Conversely, laughter and positive feelings can be beneficial for the heart. Research has shown that a good laughing fit can



cause the lining of the blood vessel walls -- called the endothelium -- to relax. This helps increase blood flow for up to 45 minutes afterward.

Although having a big heart colloquially means that a person is loving and goes out of their way for others, physically speaking, a big heart is unhealthy. An enlarged heart can be a sign of heart disease and compromise the heart's ability to pump blood effectively. Left untreated, it can lead to heart failure.

There is good reason to get amorous with a loved one on Valentine's Day or other times during the month. Being intimate can provide a physical workout, in some instances doubling a person's heart rate and burning up to 200 calories. That's the equivalent of a brisk 15-minute run. Also, a study of 2,500 men aged 49 to 54 found having an orgasm at least three times a week can cut the likelihood of death from coronary disease in half, according to The New England Journal of Medicine.

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# HEPATITIS C:

## More Common Than You Think

by David Magness, DO, Family Physician

### Background

Chronic hepatitis C infection is a liver disease that affects an estimated 3.2 million people in the United States. This is three times the number of people living with HIV. Most of them do not know that they have the disease due to not feeling or looking sick.

### Transmission

The only way to contract the disease is to have contact with the blood of a person who is currently infected with the virus. The most common ways that people contract the disease are sharing needles, accidental needle sticks of healthcare professionals, and through being born to a HCV infected mother. Sexual contact with an infected person is a less common form of transmission. Before 1992, there was not widespread screening of

donated blood and therefore, people sometimes contracted the disease through blood transfusions and organ transplants. As there is no vaccine, the only way to prevent the disease is to avoid blood contact with infected individuals.

### Diagnosis

In order to determine if a person has HCV a blood test is necessary. Those who meet any of the following criteria, it is recommended that they get tested for the disease: born between the years 1945-1965, current or former intravenous drug user, received a blood transfusion or organ transplant before 1992, on hemodialysis, have abnormal liver enzyme tests, are a healthcare worker and stuck by a needle, or are infected with HIV.

### Complications

15-25% of patients clear the infection on their own and do not develop chronic infection. For the other 75-85% of patients, treatment is appropriate. Over 20 years of being infected with chronic Hepatitis C, 5-20% of patients will develop cirrhosis (liver failure), and 1-5% will die from this disease.

### Treatment

Over the past decade, there have been major advances in treating chronic HCV infection. Up until 2011 the treatment success was 40-80% depending on multiple factors. At the end of 2013, new medicines were approved that increase the successful cure rate to 84-96%, again depending on multiple factors. The treatments have become easier and with less side effects.



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## WILL OUR PETS BE WITH US IN HEAVEN?

CCM: Together, doing life RIGHT!

**My favorite guinea pig, Hoover, lived for twelve years, a very long time for a rodent.** He recently passed away, and we were grieved and saddened. One of our cats, another old timer, is looking like she won't be far behind. As an animal lover, I've had many, many pets in my lifetime: cats, dogs, hamsters, guinea pigs, iguanas, various birds, tarantulas, scorpions, fish, crawdads, and even a skunk. I miss them all, and have long wondered if maybe, in God's love and graciousness, He will restore our pets to us in heaven.

Of course, people who are not animal lovers might find this a bit hard to take. Such people have no doubt encountered a cat that somehow knows who in the room doesn't like her, and chooses that person as the focal point for her unwanted attention. Or perhaps have friends with a dog that has a penchant for, shall we say, awkwardly sniffing every person who comes through the door. I'm thinking though, that since there will be no boorish behavior by people in heaven, probably the animals won't be rude either. Or else we no longer care about that, I'm not sure which.



God loves the animals that He created. In Matthew 10:29, we read that not even a sparrow falls to the ground that He doesn't account for. In Jonah 4:11, we learn that God stayed His hand of judgment against Nineveh because of concern not only for the people, but for the animals as well. God never forgets the animals (Luke 12:6), He Himself feeds them (Matthew 6:26), and He says that the righteous take care of their animals (Psalms 12:10.) And we know that the spiritual realm is already filled with lots and lots of horses: "And Elisha prayed, 'Open his eyes, Lord, so that he may see.' Then the Lord opened the servant's eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha." (2 Kings 6:17).

As well, it would seem that there is a soul associated with at least some animals, as in Revelation 8:9 (LITV), "and the third part of the creatures having souls died in the sea..." Anyone who has seen their dog act guilty when he disobeys can tell you that dogs have some kind of soul,

though obviously only man was created in the image of God.

Moreover, mankind has a covenant relationship with God through Jesus Christ. Just as we become part of God's family by accepting the gift of grace extended to us, our pets may well be brought back into the pre-Fall covenant with

us by willingly submitting to us, as they were created to do. Genesis 9:8-17 and Hosea 2:18 contain examples of God's covenant being extended to animals under man's dominion. This could mean that because they willingly yield to us, our pets become part of our Christian family. And, after all, we do know that animals, like God's children, offer praise to God (Revelation 5:13.)

Having a covenant relationship with our critters makes a lot of sense, when you think about it. When we have pets, we name them (similar to how Adam named the animals in Eden), and they become part of our household and take our family name. What is your pet's last name at the veterinarian's office?

But at the end of the day, we just don't know for sure, because the Bible does not make clear the eternal status of our cherished pets. As the author of Ecclesiastes writes, "Who knows if the human spirit rises upward and if the spirit of the animal goes down into the earth?" (Ecclesiastes 3:21.)

Christian author Joni Eareckson Tada makes a good point, though. She writes, "If God brings our pets back to life, it wouldn't surprise me. It would be just like Him. It would be totally in keeping with His generous character.... Exorbitant. Excessive. Extravagant in grace after grace...Heaven is going to be a place that will refract and reflect in as many ways as possible the goodness and joy of our great God, who delights in lavishing love on His children."



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# My Wife Made Me Do It!

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**When we asked our Mr. February, Bob Gula what finally propelled him to get some help for his hearing loss,** after so many years he didn't hesitate when he said, "My wife made me do it!"

Like many of us with a high frequency hearing loss, Bob still hear things. Some things pretty well. But, thirty years of working the steel mills in and around Gary Indiana as a younger man had taken their toll on Bob's high frequency hearing. As with so many of us with this problem, Bob can fool you when it's quiet and it's basically just the two of you. But, add a little background noise, or put us in a social situation and we can still hear, we just can't understand what folks are saying.

It's those higher frequency sounds that get covered up first as those lower frequency background, or the buzz of a party starts to get louder. Those higher frequencies, between 1k and 4k Hz are critical for consonant recognition, yet they are the very areas of our hearing to go first in a high noise environment. When that happens, you experience just what Bob and I do. You can hear, even understand speech when it's quiet, yet any noise, or social situation with competing sounds make it very difficult and result in lots of misunderstanding, embarrassment and heartache.

That's what happened with Bob. He knew he had a bit of a hearing loss, but like most of us he just kept putting it off. He really didn't think it was that bad. But, the folks around Bob knew how hard it was to communicate easily and so did Bob's wife Vicky.



It's to her that Bob gives the credit for motivating him to seek some help. They've been so happy with the results that they agreed that Bob would be our hearing ambassador for February.

So, if you are like Bob, livin the active life while suffering from a hearing loss, there is no need. Help is easier than ever, we fit most folks in less than an hour, on their first visit. We have solutions for every need, lifestyle and budget.

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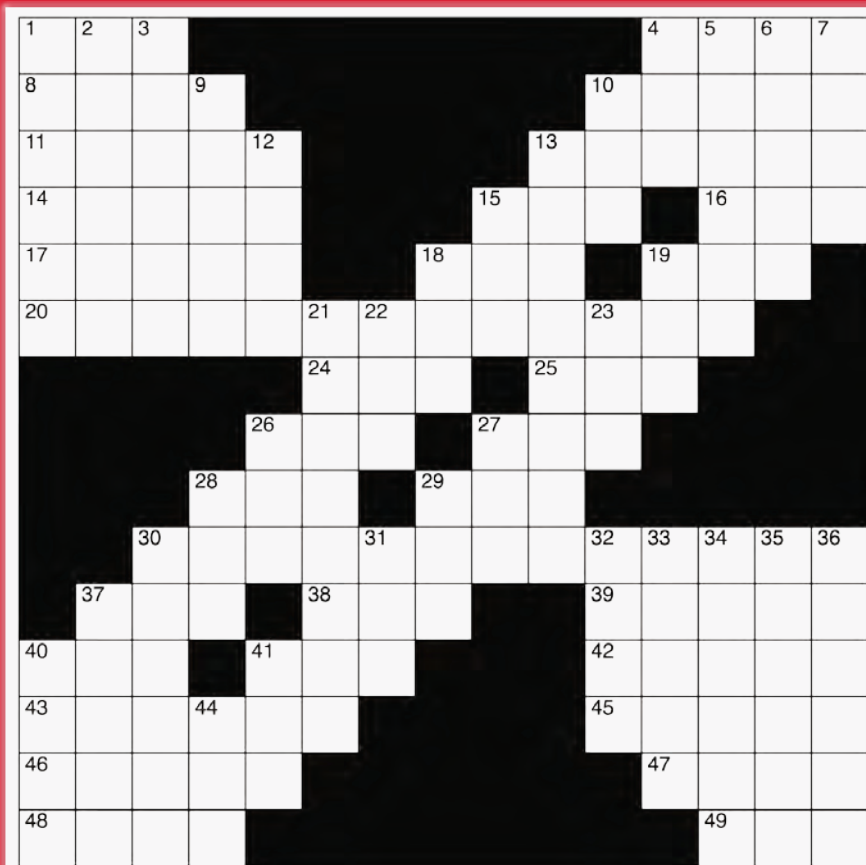
New Haven Ave. Suite #12. We welcome new and walk in patients weekdays from 9:30 till noon, so either drop by, or give us a call at: 321-722-2894 with any questions, we'll be glad to help. Or, if you'd rather, you can visit our website and learn more about hearing, better hearing, hearing aids, or other folks just like Bob Gula who've put their faith in us over the years, it's [www.aadvancedhearingcare.com](http://www.aadvancedhearingcare.com)



Please see our advertisement on the inside back cover of this issue of Spotlight.



# Spotlight Crossword Puzzle



## clues DOWN

1. Respect
2. Azotemia
3. Exhausting
4. Accumulation
5. Lack of moral standards in a society
6. A rascal
7. X100 = 1 tala
9. River of Haikou, China
10. Lout
12. Stockings
13. Capital of Chile
15. Spanish for river
18. 12th month (abbr.)
19. Skilled nurse
21. Unit of precipitation
22. Corpuscle count (abbr.)

23. Sweet potato
26. God of fields & woods
27. Dream sleep
28. Polish or stroke
29. Kilo yard (abbr.)
30. Member of U.S. Navy
31. Express pleasure
32. Written acknowledgment (abbr.)
33. Neptune's closest satellite
34. O'Neill play "The \_\_\_\_ Cometh"
35. Homegrown
36. Goalkeeper
37. \_\_ Island, U.S. State
40. Far East nursemaid
41. Food grain
44. 2 stripe rank (abbr.)

## clues ACROSS

1. Boring routine
4. Back talk
8. Emerald Isle
10. Snow leopard
11. 1/20 of an ancient shekel
13. Language of Apia
14. Relating to NH2
15. British Air Aces
16. Woman (French)
17. Cheese skins
18. Deafening noise
19. Cheeky talk
20. Early photograph
24. Basics
25. 007's Flemming
26. Photograph (slang)
27. Male sheep
28. Norse sea goddess
29. Small cask
30. Ch. Osgood hosts
37. Confederate soldier
38. Radioactivity unit
39. Chocolate tree
40. Express surprise
41. Express delight
42. Mary mourning Jesus
43. 18th century indoor cap
45. Thanjavur University
46. Skilled
47. Hindu mother goddess
48. Follow by one's foot
49. Born of



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button. When you download the app, GPS will instantly bring up the closest facility to your location.

HFNow.org is not an appointment or reservation service, as the nature of ER triage does not allow for the scheduling of medical treatment. HFNow.org estimates treatment times based on facility conditions. HFNow.org users do not skip the ER wait, nor will they be seen ahead of individuals in the waiting room.

Also, in addition to a review of a user's symptoms by a health care professional, the HFNow.org system is designed to filter certain symptom keywords that may indicate a life-threatening or debilitating medical condition. Those indicating such medical conditions are prompted to dial 911 or go immediately to the nearest emergency room.

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

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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!

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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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## LOVE AFTER 55!

### SPOTLIGHT ON LIFE COACHING

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

**Attention singles 55 and over! Many of you are transitioning into this "NEW PHASE OF LIFE".** There are many women and men over the age of 55 finding themselves single again. Losing your partner through divorce or death is a hard transition at any age, but when you're older, it's even more difficult. Most of your friends are still married or have a partner. Your life style may change due to finances, which can lead to loneliness, depression, anger, and then fear seeps into your life. This may or may not happen, but if it does, you may need coaching on how to move on with your life. Here is list of some suggestions on how to get back in the game when you are over 55:

**1. Know you're not alone in this situation.**

Never make any decisions, like selling a house, moving, or jumping into getting married again for a year. Find out who you are and what you want in your life first.

**2. Join groups that interest you.** You can make friends there and start to socialize more. Join a gym, senior center, clubs like the Kiwanis, Rolling Readers, or a church group.

**3. Volunteer** - it is always a rewarding feeling when you are helping others. Look online for places to volunteer in your area.

**4. When you are ready and want to start dating** remember the following:

Online dating is big, but not everyone is telling the truth. There are scammers out there waiting to find someone who is lonely or vulnerable. So NEVER give out your last name, address, or home phone number until you meet in person. Giving out your cell phone is acceptable.

Before you meet with the person ask a lot of questions - get to know them. Always meet in a public place where there are other people.

After meeting, ask to see their license in a sweet way. This is a sure way of knowing who they are. It is better to be safe, than sorry.

Remember when you love yourself others will see that love, too.

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# My Wife Made Me Do it!

And I am  
so thankful!



*"Great care and service. Glad  
to be able to hear"*

*-Bob Gula*



To Read more  
about Bob,  
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