

COMPLIMENTARY  
january 2014

# spotlight

*Keeping You in the Light*

MAGAZINE

[SpotlightBrevard.com](http://SpotlightBrevard.com)

A woman with dark hair pulled back, wearing a white halter-neck wedding dress with a full, ruffled skirt, stands in the center of a circular frame. Behind her is a large, arched structure covered in white and blue flowers, set against a backdrop of large windows with blue curtains. The entire scene is framed by a large yellow circle on a blue background.

  
*A Sophisticated*  
Bridal Showcase

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**pg3 » Spotlight BUSINESS OF THE MONTH IS**

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**Spotlight BUSINESS OF THE MONTH**





## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy New Year and welcome to another issue of *Spotlight* Magazine. All of us here at *Spotlight* take a lot of pride in bringing to you uplifting and educational articles, along with quality advertisers and fun contest giveaways.

Our printed publication comes to you each and every month, but we realize that there is so much more going on in our community between printings. With that in mind, in 2014, we are planning to utilize social media more than ever. If you have not already taken the opportunity to LIKE us on Facebook, now would be the perfect time to do so.

In the coming days and weeks, we will be Spotighting new local businesses, community events, and from time to time we'll even take a look behind the scenes at the people who bring you *Spotlight* Magazine.

*Spotlight* is your local, interactive community magazine, and we welcome your input and the opportunity for us to get to know you as well. So please become a part of our Social Spotlight Team and LIKE us real soon at: [facebook.com/spotlightmagazinefl](https://facebook.com/spotlightmagazinefl).

*Spotlight* Magazine can also be found on the web at [www.SpotlightBrevard.com](http://www.SpotlightBrevard.com). It is here that we provide our online flip version of each month's publication for easy access anytime, anywhere.

Have a wonderful 2014 and we look forward to sharing us with you!

Until next month,

Bryan McDonough  
Publisher, *Spotlight* Magazine, Inc.

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THE SPOTLIGHT

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A MONTHLY PUBLICATION

January 2014 | Volume 17 | Issue 01

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**Publisher / Editor**  
Bryan McDonough

**Art Director**  
Rena Seibert\renadesigns.com

**Ad Design**  
Richard Lewis

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

**Marketing Director**  
Bryan McDonough

**Marketing**  
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## LET'S GO, LET'S GO...

by Jim Campbell, First Baptist Church of Melbourne

**Once again, there I was, hustling my two kids out of the house like we were shot out of cannon.** As I shut the door to the garage, remotely opening the van doors in one sweeping motion, I called out instructions to the girls to shave off tenths of seconds in an attempt to make up for lost time. Daddy was on task and his kids were sharp. We were working like a well-oiled machine...because we've done this before. Moving quickly through traffic, I took a breath and looked up in the rear view mirror at my girls and said "We've got to find some time when we aren't in a hurry."

As soon as I said that, it hit me. We spend way too much of our lives in the state of "hurry". When you are a Christ follower, there are times in the midst of a situation that God reminds you of something that you learned but forgotten, clarifying the world for a moment. That's where I was then.

Right before Jesus headed back to Heaven, in John 4, Jesus prayed to God, and said "I have brought you glory on earth by completing the work you gave me to do." My wife shared something she'd read in a book by Nancy Leigh DeMoss' take on this scripture. God put us all on Earth with some things to do. In Jeremiah 29:11, in the Message translation, God says "I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for." God's plan isn't to frustrate us or give us an impossible task list to complete. God actually planned out our existence, making sure that we have all the resources we need to accomplish what we are supposed to do...including enough time. The question that most of us need to answer is "do we really need to be doing \_\_\_\_?" As a Christian, God gives the direction of what stays and what goes in our schedule through his Word, through Godly counsel and through prayer. As we start out 2014, before we've loaded our schedules with commitments and opportunities that we just "can't pass up", we need the answer this question the most. I know I do, and hopefully, in addressing it, my family can get out of practice at being in a hurry.

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.



"The question that

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to answer is

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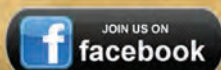
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# Banking from **First Principle**

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**This month's featured patient, is a man who epitomizes service to his community.** And, Bill Norris, like myself, had an early career in law enforcement. During that time he was exposed to close quarters gunfire, sirens, equipment noises, you name it. Serving as a deputy in Lake County Ohio in the late seventies and early eighties, Bill caught enough excessive noise to create the high frequency loss he would later be diagnosed with.

Moving from Painesville, Ohio in 2006, while pursuing the career in banking that he'd begun upon leaving law enforcement, Bill immediately began to submerge himself into his new community. Finding a new church home at Calvary Chapel, and later coming to serve on their school board. But, Bill's service doesn't stop with his church, he is also a Master Mason and Shriner, as well as serving on the Board of both the Eau Gallie Arts Commission, and their Downtown Redevelopment Commission. If, that weren't enough, on top of that, he also delivers meals on wheels to seniors several times a week.

So, with all of the community service, and involvement it would seem natural that he should have joined Florida Business Bank in 2010. Founded in 1999 and focusing, on local businesses and the community, this locally owned and operated bank epitomizes service, and truly understands value of their customer's experience. Rising to the position of their President, last year, Bill leads what I truly believe to be the best bank in the known universe.

I can personally attest to he, and his staff going far above and beyond



what one normally expects from one's banker. Like us, Bill and his staff are customer centered, and results oriented. So not only were we honored to have recently fit Bill with a new set of Rexton RIC's, replacing his old instruments, we felt tickled when he agreed to be our "Mr. January."

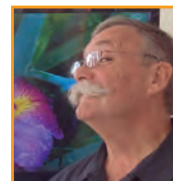
So, if you should ever want to know what real, hometown personal banking is all about, just drop in at 340 Harbor City Blvd. and enjoy the experience.

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serving thousands of folks just like Bill over the years, from our store in the Heart of Historic Downtown Melbourne, from Suite 12 of the Arcade Building, at 720 East New Haven Avenue for the past twenty-two years. We've got the best patients, and neighbours in the known universe, we know it, and take a great deal of pleasure in treating each and every one of you that way.

Happy New Year, and may each and every one of you be Blessed to Overflowing with an abundance of Hope, Health, Happiness, Peace, Prosperity, and Love throughout the year. Thanks, Dan. Please see our advertisement on the inside back cover of this issue of Spotlight.



# TIPS: Stay Healthier This Year

by Dr. Kevin Kilday, PhD, DNH

Post Holiday stress affects both men and women, young and old, physically and mentally. Many factors contribute to this disturbance including increased stress and fatigue, unrealistic expectations, commercialization, and family separations. The accumulated demands of shopping, parties, family reunions, and house guests contribute to tension and sadness during the holiday seasons. Common stress reactions during holidays include

headaches, excessive drinking, over-eating or appetite loss and insomnia. Should these conditions worsen, then overall physical and mental health may become chronic.

The key to optimal health this coming year is managing expectations. Set realistic goals for the New Year and pace yourself. Organize your time by making lists and prioritizing important activities. Be realistic about what can be accomplished

this coming year. Dispersed activities lessen stress and increase enjoyment.

Some slight changes implemented in the months to come will aid with overall health but if you have a medical condition always check with your doctor:

**1. Let Go of the Past. Life brings change. Embrace the future. Pray.**

**2. Spend time with supportive, caring people or volunteer your time and help others who are less fortunate.**

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	Silver	Bronze
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\*These examples are illustrative only and are not guaranteed rates.

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## TIME FOR A NEW YEAR'S RESOLUTION

### SPOTLIGHT ON THE ARTS

by Pam Mankowski

**Have you made your New Year's resolutions?** This year I am resolving to create new theatrical experiences for all my young actors at the Stage 1 Stars. Fortunately Stage 1 Stars has additional teaching staff to help me to do just that. I asked my talented team to help me create the Stage 1 Stars New Year's Resolutions. Here is what we came up with:

Rosemarie Cocker, long time music instructor and summer workshop team member says, "I was blessed to work with Stage 1 Stars with the Joy of Singing for over 8 years, but now am busy with my private vocal, piano, and recorder studio out of our home. A New Year's Resolution would be to realize that your teacher is working hard to bring the very best out of each individual student. An instructor is helping you in the specific areas that you need it and you need to realize that his/her critiquing should not be taken personally. The goal is to help you to improve YOUR talents.

Beth Haulman Green, Director of Joy of Singing encourages young singers to "Give your all! Your teacher can help you to improve only if you show what skills and talent you possess. Decide that the audience wants you to do well and don't let your nerves overwhelm you."

Evanne Floyd, Instructor and Tech Director has great plans for the New Year to help Stage 1 Stars grow by starting a new Adult Acting Class - a Master Class style program. "Working with new and old hands at the craft alike is such an inspiration for all of us on the team at Stage 1 Stars." Evanne also hopes to finish some original plays for young adults on which she has been working. Evanne's personal goal is to continue learning medieval and renaissance dances which she generously shares with Stage 1 Stars actors and other performing groups throughout Brevard County.

The following New Year's Resolution list is what I would like to remind actors of as the actor's responsibilities for performing. Some of these are classic Rules of the Theatre, but many are Rules to Live By. Such as:

**Be on time.** Arrive with enough time to organize yourself for the task at hand, whether that is class, rehearsal, preparation, or actual production. This is your job – do it right.

**Be prepared with the right tools.** Your script is one of

your most important tools. When rehearsing, we need to write (in pencil only) stage directions in scripts (your own, not someone else's) or notes about props, set or character development.

**Be prepared with the right attitude.** Only you can memorize your characters lines, develop the character, learn your stage directions, listen and react in character.

**If it is not yours, do not touch it!** All props, set pieces, costumes, wigs and make-up used in a production are gathered in advance of a production and placed in the proper locations for convenience to the performer. Never touch or move anything without permission from the Director or Stage Manager (or Teacher or Parent or Boss, etc). Treat items with respect and protect them from damage.

**Listen to all directions given, even if directed at another performer.** Use this as a learning experience for perfecting your part. Asking a question already answered wastes time.

**Show proper respect** for your director, cast, crew and self - in thought, word and deed.

**Be committed to doing your best.** Your reputation is built on your performance on stage and in "real" life.

Make your resolution one you can live with and live by to help you become the best you can be – whether it is an actor, director, student, teacher, mentor, parent, or spouse. Resolve to give 100% and you will know that you did all you could to be your best.

Contact Stage 1 Stars for information about classes, performances and Stage 1 Players productions for your young actor or audience members. E-mail at [stage1stars@aol.com](mailto:stage1stars@aol.com) or check out our website at [stage1stars.com](http://stage1stars.com).



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## CHIROPRACTIC SOLUTIONS FOR A HEALTHY PAIN-FREE YEAR

### SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

**The New Year is here, so start it off right by committing to a healthier lifestyle.** A few simple and practical changes in your lifestyle can make a positive impact on your health this year and can also prevent you from experiencing a variety of painful health problems in the future, according to the American Chiropractic Association (ACA).

You are probably aware of some of the more obvious steps you can take to improve your health. You should stop smoking, eat a balanced diet, drink plenty of water, exercise regularly and reduce stress in your life. However, you should also follow a few more chiropractic-related tips-tips that can make a big difference in your quality

of life and prevent future pain and injury.

**1) I will limit my intake of caffeinated coffee, sodas and teas.** The caffeine in these drinks can cause dehydration and can rob the body of essential nutrients. Stick to water, juices and other decaffeinated beverages.

**2) I will not carry a heavy purse or briefcase with its strap over my shoulder unless I place the strap over my heat on the side opposite the bag.** Wearing a shoulder strap purse over one shoulder unevenly places the weight of the bag on one side of the body, potentially causing shoulder and back pain.

**3) I will not (or I will not allow my children to) carry backpacks that weigh more than 10% of my (or their) body weight.** Beyond that weight, the backpack will cause the wearer to begin bending forward in an attempt to support the weight on his or her back rather than on the shoulders, by the straps.

**4) I will not lift heavy objects over my head.** These types of movements can strain muscles and affect



nerves, causing severe neck, shoulder and arm problems.

**5) I will not turn my torso while lifting relatively heavy objects.** This rotates the spine and can bring on a "back attack".

**6) I will avoid the habit of consistently crossing my knee over the other.** Such a habit can also eventually cause misalignment of the spine.

**7) I will try to keep moving while I am at work.** If sedentary for the majority of the day, it is very important to take periodic stretch breaks throughout the day. Get up from the desk and take a brief walk, and stretch arms and legs as frequently as possible to avoid postural and spinal stress.

**8) I will, when using a shovel-in winter or summer-remember to push rather than lift, whenever possible.**

**9) I will use luggage with wheels whenever possible.** Carrying, lifting and moving a heavy suitcase can ruin a vacation.



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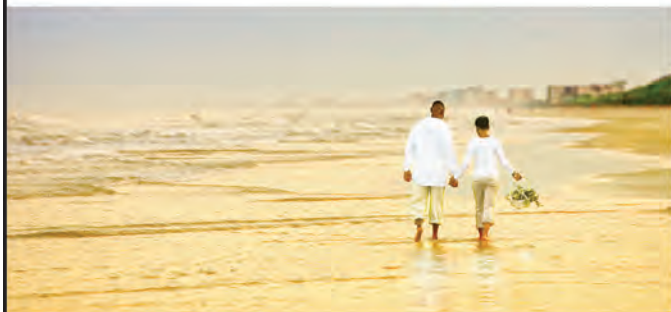
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**HAPPY NEW YEAR!**





## AFTER THE RESTORATION...

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

**I mentioned in a recent article my interest in woodworking.** There is something about making something from pieces of wood that is great therapy. A friend of mine upon discovering that interest mentioned she had a rocking chair that belonged to her grandmother. The chair had been given to her on her first birthday in 1902 and had been passed down through three generations. The chair had been painted black and had been broken for many years.

The first task was to repair the chair. Knowing it was over 100 years old fascinated me. Who made it? Could it be even older than what they knew? Carefully I began fitting the pieces together. When the repair was completed, I began stripping off the black paint. Fortunately I had the sense to spray it outside, for the paint ran down the spindles leaving black puddles on the table and grass.

As the paint seemed to melt off, it began to reveal the

color and grain of the natural wood. On the back of the chair, which had been practically unnoticeable because of multi-layers of paint, was a beautiful detailed carving.

I envisioned a craftsman who had carefully and methodically carved out the wood with antique chisels and brushes. With all the paint gone and a light sanding, I applied several coats of tongue oil which enhanced the color and made the grain pop. What a difference, this didn't look like the same chair!

My mind raced back at least 111 years; here was a chair that originally had been carefully crafted and given with love. Over the years it had seen some difficult days; It showed the scars of everyday life, it had been broken as a result of abuse and somewhere along the way had been painted to hide the scars. But now, with a little effort, it had been restored to its original luster and purpose.



As you face a new year,  
why not let God transform  
your brokenness and scars  
into something beautiful.

Scripture records another restoration; ... as the Spirit of The Lord works within us we are being transformed into being more and more like him ... what this means is ... that we become new persons. we are not the same anymore, for the old life is gone. a new life has begun!  
2 Corinthians 3:18, 5:17

As you face a new year, why not let God transform your brokenness and scars into something beautiful. Let Him restore you to your original purpose.

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"I advise you to end this relationship..."

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



**Dear Val,**  
I've been dating Chris for a few months and I really enjoy his company. I'm not saying that I'm head over heels—yet, but I think our relationship could deepen into something really special. Here's my predicament, we have a lot of mutual friends (from church); but lately, I've noticed Chris paying entirely too much attention to one of the ladies. He watches her constantly and never misses an opportunity to lavish complements on her—even in front of her husband. I've even noticed a few raised eyebrows, within our group, so I know it's not my imagination. I've made several attempts to speak with him about this, but he's evasive, with his answers, and changes the subject. I doubt they've had an affair because she appears oblivious to him and obviously adores her husband. I don't know if I should try to hang in there, and hope this passes, or get out now. I care about him; but in all honesty, I don't relish the idea of being any man's second choice; and to be quite frank, it's humiliating.  
—Beth of Palm Bay, Florida

Dear Beth,  
Whether Chris has a fleeting crush on this woman, or if in fact he's in love with her, he's being disrespectful to you, the woman of interest and to her husband. He's insensitive and his behavior and attitude are both hurtful and dishonest. I advise you to end this relationship and wait for a man who exemplifies the love of Christ.

**Dear Val,**  
Is being vague about the truth the same as lying? Because I think I've got it down to a science.  
—Nick of Melbourne, Florida

Dear Nick,  
Any answer which is meant to mislead, misrepresent or evade, the truth is deceitful. So, if your wife asks, "Does this dress make me look fat?" you'd better choose your words very carefully.

"The Lord detests lying lips, but He delights in men who are truthful" Proverb 12:22 (NIV).

**Dear Val,**  
During a family get-together, we got into a few "what if" conversations and I'd like your input. If a person has stage four terminal cancer, or another fatal disease, and refuses treatment, is this considered suicide? Or—if someone does opt for treatment, is this a lack of faith?  
—Connie of Sebastian, Florida

Dear Connie,  
I'm going to have to answer "no" to both questions. This is a personal decision and it falls upon the individual alone—unless of course, the individual is a small child or someone physically and/or mentally incapable of doing so. While God often heals directly, He also enables physicians and heals through them.

Jesus ministered to great crowds, teaching in the Synagogues, proclaiming the Gospel and "...healing every disease and every affliction among the people" Matthew 4:23 (ESV).

Also, in Exodus 15:26, it is written, "...for I am the Lord, your healer." And in Revelation 21:4, scripture describes the ultimate healing, something that everyone should long for; this happens when God calls us home. "He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." It's always wise to seek God first, in prayer, before making these decisions.

(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



May this year be filled with many blessings.

This is a recipe that is easy to make and can be used for lunch or dinner. It is quick and easy to make and even the kids will enjoy it. Remember — Be Creative!

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

### Chicken Broccoli Bake Supreme

4 eggs	cooked, chopped	1/2c Shredded Swiss Cheese for top
1-1/4 c 1% milk	Spray Pam (I used olive oil)	
1 c low fat Cottage Cheese	1c chopped onions	1/2 tsp Italian Seasonings
3 slices whole wheat bread, crusts removed, cubed-optional	2 c cubed or shredded cooked chicken	salt and pepper to taste
4 c small broccoli florets,	3/4c Shredded Sharp Cheddar Cheese	salt & pepper to taste

HEAT oven to 350 Degrees. In a frying pan spray PAM add onions, cook till they are soft and starting to brown. Let cool before adding to egg mixture. Beat eggs and milk in medium bowl until blended. Add bread; mix lightly. Stir in remaining ingredients. Top with Shredded Swiss Cheese.

POUR into 9-inch square baking dish sprayed with cooking spray.

BAKE 45 min. or until knife inserted in center comes out clean. Let stand 10 min. before cutting to serve. \*Be creative with the cheese like feta, pepper jack, mozzarella, etc. I also tried this using ham. It really good too. \*\*I don't use bread if I'm eating eat, since I don't do flour products.

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# The Quilt Place and the Quilt Retreat Center

**The Quilt Place Retreat Center, Brevard's premier retreat facility, has an exciting line up of quilt retreats planned for the coming Spring.** Not only are there scheduled events but the facility is open to private retreats as well. Whatever quilter's need The Quilt Place Retreat Center is here to provide.

If you have never experienced a quilt retreat weekend this is the place to start. Weekends begin Friday afternoon and continue through Sunday morning. All food is included which starts with a Friday night wine and cheese social hour with hors d'oeuvres, breakfast, lunch and dinner on Saturday as well as a farewell breakfast on Sunday. Unlimited sewing time is available, on site, so there is no traveling to other facilities or worrying about packing up each night. Irons

and ironing boards are provided as well as cutting mats and tables. There is also expert teaching and advice available for the entire event with the instructor staying on site with the students. Bring your swim suit and enjoy the hot tub or take a dip in the pool or just sit on the dock and watch the dolphins and manatees play when you need a break. There is even an option to add an extra day and night so that you may plan to shop in Cocoa Village or visit Cocoa Beach or Kennedy Space Center.



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## Bring On the New Year!



**January is a time of change and new beginnings.** People often look forward to January as a chance to wipe the slate clean, often resolving to make changes to improve their quality of life in the months ahead. Such traditions may date back to the ancient god for which the month of January was named.

January is named after the ancient Roman god Janus, who was the god of beginnings and transitions as well as the god of gates, doorways, and passages of time. Janus also was believed to preside over the beginning and ending of conflicts. Janus is usually depicted as having two faces that point in opposite directions. Because of these dual

faces, Janus was seen as duplicitous and being in charge of opposites. According to Roman mythology, Janus was able to see into the past and the future. He also was depicted as guardian of the new year and keeper of the calendar. There was no counterpart to Janus in Greek mythology. When examining the many attributes of Janus, it is easy to see why the month of January would be named after this multifaceted ancient Roman god.

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# Common Sources of Indoor Air Pollution

**When considering the threat of air pollution, many people immediately note the damage done by excessive emissions from vehicles and factories.** However, the air inside a home is susceptible to pollution as well. The following are some of the more common sources of indoor air pollution that can prove just as harmful to human beings as those sources emanating from outside our homes.

**Carpet:** Some materials in carpet emit volatile organic compounds, or VOCs, which are emitted as gases and can have both short- and long-term adverse health effects. The concentration of many VOCs is as much as 10 times higher indoors than outdoors. When purchasing new carpet, homeowners can choose low-VOC adhesives that do not contain formaldehyde. It's also ideal to install new carpet in spring or early summer, when windows can be opened to air out the carpet for several hours without compromising comfort for those people inside the home.

**Glue:** Glue is widely considered a handy cure-all for minor problems around the house, but glue may also be compromising your health. Certain glues and adhesives like rubber cement emit VOCs, which can irritate the eyes and even the nervous system, and some may even emit toxic formaldehyde. When purchasing glues and other adhesives, opt for water-based

products and avoid using glues and adhesives in smaller, poorly ventilated areas of your home.

**Air fresheners:** The U.S. Environmental Protection Agency notes that many household air fresheners almost continuously release pollutants. While some air fresheners are safe, the best way to freshen air in a home is to open the windows and let fresh air inside. When possible, open the windows to let fresh air in rather than relying on potentially harmful store-bought air fresheners.

**Older appliances:** Old or malfunctioning stoves, furnaces and space heaters pose both safety and health risks around a home. Old or malfunctioning stoves increase the risk of fire around a home. But such products also intermittently release pollutants, putting residents' health in jeopardy. Homeowners should look into replacing especially old appliances, as today's newer products are both more efficient and liable to emit fewer pollutants than older products. Malfunctioning products should be fixed immediately or replaced if repairs are unlikely to significantly extend the life expectancy of the product.





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## WINDOWS XP EXPIRING SOON

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**Microsoft will be discontinuing any support, updates, and even virus protection for Windows XP in April of 2014** but you shouldn't wait until the last minute to take action. There are a lot of reasons that you should consider moving forward sooner rather than later, including the security risks inherent in a 12-year-old operating system.

Windows XP is six times more likely to be successfully hacked than Windows 7 or 8 and when Microsoft stops providing security updates, anyone running Windows XP will be a sitting duck.

Big box retailers will tell you that you have no choice but to buy Windows 8 systems, but for the time being, you actually have a choice of Windows 7 or Windows 8. Retail channels typically only have Windows 8 systems, but VARs (Value Added Resellers) that primarily work with businesses can set you up with Windows 7 workstations.

If you have older software or custom programs, this is an added complexity

because they may or may not run under one of the newer versions of Windows. For businesses, it is crucially important to start testing the best path for migration now to avoid interruptions.

With our business customers, we start with a single Windows 7 system to do the compatibility testing with their older programs and we make sure to use Windows 7 Pro because it has another potential safety valve. Windows 7 Pro has an option to run programs in 'Windows XP mode' that may allow older programs to be run, however, in the long run, you really should start exploring alternatives to these older or custom programs, as this compatibility issue is just going to get worse over time.

If you're in a position to make a transition away from your custom programs now, you might consider looking at the myriad of cloud-based line-of-business platforms that can run on any computer, smartphone, or tablet.

If your hardware is relatively up-to-date,

you can buy Windows 7 licenses for each of your business computers. If you're not sure what you have, Microsoft has a Windows 7 Upgrade Advisor program that will scan your system and peripherals



and give you a report on what may or may not be compatible.

If your hardware checks out, you won't be able to do an in-place upgrade from Windows XP to Windows 7. You will have to wipe the machines clean and install Windows 7 from scratch and then reinstall all your programs and data.

If you don't have the disks to reinstall your programs, you can go through a more complicated multi-step upgrading process that involves upgrading to Windows Vista first, but I strongly recommend against it if you can avoid this messy method.

If you buy new computers that are pre-loaded with Windows 7, you have a little more flexibility for your transition, because you can continue to run your old Windows XP computers while you setup and test everything on the new computers.

The best advice I can give you is to start your migration planning and testing now, so that you have plenty of time to deal with the inevitable problems during this transition.

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5. Where can you receive a car wash after any repair or service?  
 \_\_\_\_\_
6. ZUMBA classes are being offered where?  
 \_\_\_\_\_
7. Who is offering a special deal for Couples Only?  
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# New Outdoor ADVENTURE PROGRAM

**The forest path is lined with green fern.** The mountain peaks are hidden in the clouds. The Sandhill Cranes have left footprints in the beach sand. The great outdoors are waiting for you to boldly step out of your front door. It's a Trail Life! Are you a part of the Trail? Do you Walk Worthy?

Trail Life USA is an exciting new youth boy's outdoor adventure program starting January 2014. Boys are taught by their father's to be godly men and good citizens. The Christ-centered program utilizes Biblical values and morals to teach important lessons while teaching basic life skills like knot tying or conservation principles. Trail Life takes boys from K-5 through High School on an epic journey that will shape their hearts and minds and turn them into the next generation of godly husbands, fathers, and leaders. Leaders who will honor God. Fathers who will train their sons. Husbands who will honor their wives and families. Which values are important for



## TRAIL LIFE USA™

your boys to grow up with?

Purity, service, stewardship, and integrity are the values that are written into each step of the Trail Life program. A Troop of boys actively engages in service projects and community work while learning the basics of construction. The Adventurers set up camp in the woods of the Town of Malabar, and

learn to identify the tracks of local wildlife before setting a camp fire and hearing their evening Bible lesson.

The future is theirs! Will you be a part of it?

For more information, check out the Trail Life USA website: [www.TrailLifeUSA.com](http://www.TrailLifeUSA.com)

You can also contact Trail Life USA at [contact@trailifeusa.com](mailto:contact@trailifeusa.com) or if you would prefer to reach a Trail Life volunteer in Brevard or other area of Florida, please write to [TrailLifeFL@gmail.com](mailto:TrailLifeFL@gmail.com) or texting use restrictions while driving.



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# Java Cream Café is Coming to Palm Bay

## Locally owned and operated Java Cream Café is opening its second location at The Knowledge Exchange in Palm Bay in January 2014.

Java Cream Café offers specialty coffees as well as hot and cold foods and will be a refreshing and quick breakfast, lunch or dinner spot for residents of Palm Bay. The menu of Java Cream Café at TKE will have some of the same great items as the Eau Gallie location, but will also include new items specific to Palm Bay and The Knowledge Exchange.

These include grab-and-go sandwiches and desserts. They will offer kids meals that are very affordable for families meeting at The Knowledge Exchange. Standard and custom catering will also be expanded within TKE to include hot meals, soups, and custom sandwiches prepared to order.

The Café at TKE will be remodeled at the end of December and early January to create the Java Cream Café at TKE. This will provide a unique breakfast and lunch spot on Babcock Street to serve the many businesses and families that travel in the Palm

Bay area. In addition, local businesses will be able to order catering from Java Cream Café and have it delivered to their office for corporate lunches, events, or business meetings. The close proximity to medical and professional businesses in Palm

Bay also means that it is never too late to stop by and pick up some last minute items for that quick customer meeting.

Need to meet clients in Palm Bay? Book one of the fully equipped rooms at TKE to hold your meeting complete with catering. Tim Reynolds,

the owner of the Knowledge Exchange stated, "We are pleased to welcome Java Cream to The Knowledge Exchange! We have been seeking a family-run local business to expand the café at TKE and we can't think of any better choice than the Hamilton family and Java Cream Café. Their strong desire to serve customers and their family warmth will blend well at The Knowledge Exchange." Those interested in finding out more about Java Cream Café at TKE can contact The Knowledge Exchange at (321) 676-8606.



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

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

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E	H	A	P	E	O	E	K	I	N	H	I	X	S	Q
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. 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: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**



# Can I Juice to Improve My Health?

**"Raw juices contain all the elements of live food, such as the enzymes, minerals, and vitamins,** in a concentrated form that is more readily assimilated into the cellular system with less digestive energy required. The primary part of the whole food that is missing is the fiber. The energy saved by not having to process the fiber goes toward the healing and repairing of the body." Gabriel Cousens, MD, from his book "Conscious Eating

"Juice Is Us" is your local educational juice store and Community Supported Agriculture resource center. We offer a wide variety of juicers and the history of juicing. We are here to meet your individual nutritional needs with a tailored combination of fresh organic vegetable and fruit juices, juice equipment and education classes. Juice Is Us operates under Community Supported Agriculture with the goal of providing organic food to the community and educating people how to grow their own food.

## Whole Vegetable vs Juice

Did you know that 95% of the vitamins and enzymes our bodies need are found in the juice of raw vegetables and fruits? We would need to eat 2lbs of carrots, 10-12 apples, or 8lbs of spinach to get the same amount of nutrients you receive in one 16 Oz juice. When you drink fresh raw juice, highly concentrated vitamins, minerals and enzymes rapidly enter the bloodstream absorbing all of the nutritional benefits of the raw vegetables and fruits, giving your digestive organs a much needed rest. It may surprise you to discover greens are one of your best sources of instantly absorbable, alkaline protein. Amino acids are the building blocks of protein and green veggies are loaded with these muscle-building nutrients. Without question these powerful raw juices have the ability to strengthen and heal weak cells, increase your oxygen levels, add electron activity through their enzymes, and importantly, saturate your body with needed nutrients.



comes in contact with air, it begins to oxidize, compromising its nutritional value. However, storing our raw juices in the refrigerator, in a tightly sealed glass jar, slows this process. The best time to drink juice is on an empty stomach or at least an hour before eating a meal. This maximizes the amount of nutrients absorbed into the body. Of course, fresh pressed juice is still loaded with health benefits even if you can't drink it during the recommended window.

## Fresh vs Bottled

Fresh juice not only contains greater nutritional value, it contains life. Fresh pressed juice is loaded with living enzymes, essential minerals, antioxidants, and natural antibiotics that are bio-available and vital for optimal health. Bottled juices are pasteurized which means they are heated and processed, this kills vitamins, minerals and enzymes.

## Why Organic

Organic farming uses methods that minimize the use of toxins while building soil quality and protecting water quality. Additionally, buying organic supports chemical and pesticide-free practices that are healthier for our farmers and for our planet. Lastly, we feel that organically grown foods have more intense and delicious flavors.

## Why Glass

While many people love our glass bottles a few have asked why we don't have a more lightweight travel-friendly alternative. We are working on finding something but truth be told, plastic is plastic no matter how you slice it and its rival, the biodegradable product PLA takes a large amount of energy to produce. We find that glass is the number one choice when striving to be the most environmentally friendly.

Your body is required to be a certain pH in order to stay healthy. That pH is slightly alkaline. Unfortunately, the pH of most people is completely the opposite; most are very acidic. Disease thrives in an acidic body. Green juices are pure liquid alkaline nutrition that is absorbed almost instantly. Consistent consumption of green juices will help bring the body back in balance and create a body where disease cannot survive, but you can thrive!

## When to Juice

We think it is best to drink our juices the same day they are pressed. As soon as any juice



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# Win a Free Workplace Wellness Package

**Pamper Your Mind, LLC (PYM) is pleased to introduce a unique Workplace Wellness service starting January 2014.** This service offers business owners an affordable alternative or a supplemental service to enhance Employee Assistance Programs (EAP).

The philosophy of "leaving home at home" or "work at work" is not a reality. Even those who claim to be able to compartmentalize are only human and eventually discover that when stress is experienced in one area of their lives, the other inevitably is affected. Research shows that when business owners value their employee's wellness as well as their own, they reap the benefits that improve their bottom line such as:

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As professional mental health counselors, we can offer business owners and employees, individual, couples, or



family counseling within our office. However, our workplace wellness program services are provided on-site, with a one-time fee and a brief time commitment.

Utilizing assessments, psycho-education and brief consulting we are able to bring awareness to mental health and normalize the feelings related to personal challenges such as anxiety, depression, self-esteem, relationship discord, family conflict and much more. Once the stigma is lifted within the workplace environment, it is our hope that employees will no longer feel embarrassed or hesitant to reach out for needed support.

Most people work very hard to keep their challenges to themselves for fear of judgment. In earlier stages, there may not be any obvious signs of workplace wellness concerns. Our service is designed to meet businesses where they are and adapt to their unique needs.

We are happy to answer any questions you might have including how this program's design is both different and supplemental to an Employee Assistance Program. All businesses need to address workplace wellness and we welcome an opportunity to discuss this service with businesses of all sizes as well as customize a plan to fit your budget.

On January 30th, we will be drawing a grand prize winner to receive a FREE PYM Workplace Wellness package of choice, and two additional winners for a 50% off discount on a PYM Workplace Wellness package of choice. Send us a message

*"The philosophy of  
'leaving home at home'  
or 'work at work'  
is not a reality."*

through LinkedIn during the month of January for a chance to win! Like us on Facebook, follow us on Twitter, or submit your email to our blog for additional entries into the drawing.

We look forward to an opportunity to help you nurture your business from the inside out! [www.pamperyourmind.com](http://www.pamperyourmind.com)

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# DON'T LET Your Suffering Define You

by Dr. Dan Desrochers, MD

**I was recently involved in an accident during which the bike I was riding was struck by an SUV on US-1. I**

broke several ribs and experienced a great deal of pain. The more people sympathized with me, the more I started to see myself as a "broken person." I realized in the following weeks, as recovery seemed slow, that it might be possible that I would never return to the healthy person I was before the accident.

Many of us struggle with life altering events: a new diagnosis of cancer, diabetes, heart disease. We become tired after years of unforgiving lower back pain, fibromyalgia, obesity. Many of these illnesses are silent, and no one around us knows what we are

going through except us. We don't have lights flashing above our heads letting others know we are in pain. At times it seems like even our doctors cannot do anything to ease our suffering. Yet despite our hardship, the rest of the world wants us to compete with others as if we are perfectly healthy.

Children seem to handle suffering differently. I've seen many who have been disfigured by birth defects, who have lost limbs to car accidents or cancer. Children have the remarkable ability to focus on play rather than on reasons to stay on the sidelines. They shoot hoops in wheel chairs, run track with artificial legs, and plan parties from their hospital rooms. They stay

in the game. Somehow they find a way to rescue victory from the jaws of defeat.

As we continue down the road of life, perhaps we can learn an important lesson from the youngest members of our society. In the midst of the physical and emotional pain we carry, we have the power to choose to let our brokenness define who we are, or we can choose to live life to the fullest despite our suffering. As I thought about this the other day, my five year old daughter, who had since forgotten about my bike accident, came up to me and demanded a "piggy ride." I gritted my teeth against the pain in my ribs, hoisted her on to my back, and the magical healing began.



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## REACH OUT AND TOUCH

CCM: Together, doing life RIGHT!

**A lot of people I know are nervous about sharing the Gospel message with others.** They feel "weird" about it, or are afraid of rejection. But, you know, if God wants us to do a thing, He will make it possible, and we needn't fear. How do I know this? Let's look at this really cool story from the Bible.

In Matthew 14:22-36, we read the story of Jesus walking on water. And more to the point, the Apostle Peter (an ordinary person, just like us) also walking on water.

In this story, Jesus had just fed the five thousand, and he had dismissed His disciples and counseled them to go on ahead of Him to the other side of the lake by boat. Jesus was hoping to squeeze in an evening of prayer during His downtime.

By evening though, it had become very windy and the lake had quite a chop. The boat rocked to and fro and bobbed in a pretty scary manner all night. Just before daybreak, the disciples see Jesus walking toward them. He was walking

on top of the water. This is something you don't see every day and the disciples were pretty freaked out about the whole thing, thinking they had seen a ghost. Jesus reassured them saying, "Take courage! It is I. Don't be afraid."

I love Peter's response: "Lord, if it's you, tell me to come to you on the water." Peter was like a native Floridian; he was always up for anything, but he didn't necessarily always think through all the implications before plunging ahead, which, actually, is the thing to do when God tells you to do something. (In the Bible, Jesus frequently used Peter's impetuous nature to teach lessons.) Anyway, Christ tells Peter something to the effect of, "Sure, go for it. You can do it."

So Peter hops out of the boat and starts walking on the water toward Jesus. But suddenly, what he's doing hits home and he gets scared and starts to sink.

Peter loses his faith, crying out for Jesus to save him. Jesus does, rebuking Peter: "You of little faith," he said, "why did you doubt?"



It's easy for me to look back two thousand years and say, "I could have walked on water. I wouldn't have doubted." Yeah,

uuuuure. In reality, I'd have been like the rest of the disciples, cowering googly-eyed in the boat. (Actually, I'd probably have egged Peter on: "Go for it, dude! He said you could do it" and then watched to see what happened. My brothers would attest that this is what I would have done; I did it to them often enough.)

There are two points to this story. One is, when we have faith, we can do anything. That's why in Luke 17:6, Jesus says, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you."

And second, when God tells you that you can do a thing, you most certainly can do that thing. We can trust and rely upon God for any and all things. We can confidently say, "He is my refuge and my fortress, my God, in whom I trust." (Psalm 91:2)

So go ahead - reach out and touch a lost soul with the Gospel today. What have you got to lose? The Lord brought you here for a time such as this!



# Eat Healthy When Dining Out

**Trying to lose weight or alter your diet?** Many people are in the same boat. Though it's easy to control your diet when eating at home, men and women hoping to shed a few extra pounds may need to take a more careful approach when dining out at a restaurant or enjoying a meal at the house of a friend or family member.

The following tips can help men and women eat healthy even when they are enjoying meals away from home.

**Don't skip meals.** Skipping meals, especially breakfast, in anticipation of eating larger meals later on is a recipe for disaster. Research has shown that people who eat a healthy breakfast tend to consume fewer calories over the course of a typical day than those who skip breakfast.

**Have a pre-meal before dining out.** Don't attend gatherings on an empty stomach. Snack on fruits or vegetables before heading out the door to avoid overeating later on.

**Drink lots of water.** Sipping on a glass of cold water when dining out can keep you feeling full while preventing the dehydration that comes from eating too many high-sugar, high-salt goodies. In fact, symptoms of dehydration mimic those of hunger, meaning you might be eating more when your body really just needs more water.

**Practice portion control.** It's nice to dig in to your favorite treats.

However, indulging at the dinner table can lead to weight gain. Many people find that they can still enjoy their favorite foods without gaining weight as long as they eat smaller portions and resist the temptation to eat until they feel the need to unbuckle their belts.

**Use smaller plates.** The bigger the plate you are eating from, the more food you are likely to eat. Use smaller plates at the buffet line so you aren't piling too much food on your plate. An empty plate can instill a sense of fullness whether that plate is large or small.

**Give your body time to realize how much you have eaten.** The stomach needs about 20 minutes to tell the brain that it's feeling full. But when food is eaten too fast, you may have already overindulged by the time the stomach sends its fullness signal to the brain. Fill up your plate, eat slowly and then put the brakes on for a while so that your stomach has adequate time to let the brain know you have eaten enough.

**Order the right sides.** When choosing side dishes, opt for healthy, low-calorie and high-fiber vegetables instead of sides that are high in fat, sugar or sodium. Healthy sides will make you feel full without packing on the pounds.



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# Health First Pro-Health & Fitness Centers

## OFFER VARIETY OF OPTIONS

**January is the time of year that most people think about getting healthier.** Many of us set fitness goals or decide to sign up at a gym. With so many choices, it's difficult to know which gym to join or how to get started exercising again after a break. Health First Pro-Health & Fitness Centers offers the newest fitness trends—including all of the latest American College of Sports Medicine (ACSM) fitness trends for 2014:

### **HIIT (High Intensity Interval Training)**

### **Body Weight Training**

### **Educated & Experienced Fitness Professionals**

### **Strength Training**

### **Exercise and Weight Loss**

### **Personal Training**

### **Fitness Programs for Older Adults**

### **Functional Fitness**

### **Group Personal Training**

### **Yoga**

High Intensity Interval Training (or HIIT) is the most effective way to burn fat in a shorter amount of time. HIIT is any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest. Pro-Health & Fitness offers many HIIT classes, such as HIIT Cycle



Viera Pro Health & Fitness Center Personal Trainer Ryan Sporich

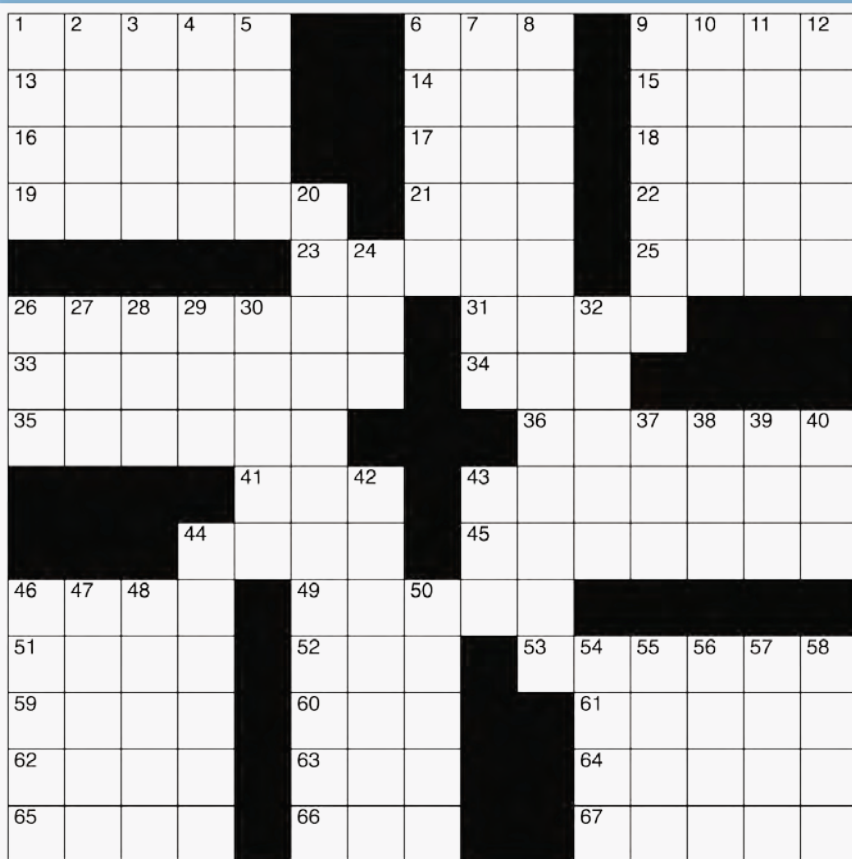
and HIIT Step.

Our Melbourne location also has the TRX Suspension Trainer system. TRX leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. You can simply adjust your body position to increase or decrease resistance. It can be used by athletes or the senior population. Pro-Health & Fitness is running a promotion right now for a TRX class package (10 classes for \$99 dollars or 10 express classes for \$49 dollars).

Pro-Health & Fitness is running many outstanding promotions right now.

Personal Trainer Jumpstart Program (includes four one-hour sessions with one of our highly experienced personal trainers for \$105. If you purchase a six-pack of personal training sessions, you will receive one session for free.

# Spotlight Crossword Puzzle



## clues DOWN

1. Informant (slang)
2. Olive tree genus
3. Armed conflicts
4. Am. Music Awards
5. Dance mix DJ Einhorn
6. Oxidation-reduction
7. Structure
8. Modern
9. Roman Conqueror
10. So. Honshu bay city
11. 8th C. BC minor Hebrew prophet
12. = to 100 satang
20. In active opposition
24. 007's Flemming
26. 12th century Spanish hero El \_\_\_\_
27. Macaw genus
28. Slave rebellion's Turner
29. Cuckoo
30. From a time

32. Applies with quick strokes
37. Fasten with string
38. Teller replacement
39. Command right
40. Sea eagle
42. Most closely set
43. \_\_ Dhab, Arabian capital
44. Marten furs
46. Strike workers
47. Thysanopter
48. Louise de la Ramee's pen name
50. King of Thebes
54. \_\_ mater, one's school
55. Time unit
56. Klutzes
57. \_\_ Von Bismarck, Iron Chancellor
58. Front of the leg

## clues ACROSS

1. NOHOW
6. Record (abbr.)
9. Hair detangler
13. "1836 siege" of U.S.
14. Old name for Tokyo
15. Largest continent
16. Showed old movie
17. Clatter
18. Considered one by one
19. Chinese cinnamon spice tree
21. Frequently
22. 3 person 32 card game
23. Misaddressed mail (slang)
25. Expresses pleasure
26. Samba or basket rummy
31. Military leader (abbr.)
33. A citizen of Iran
34. Environmental Protection Agency
35. Carbon, radioactive or varve
36. Loss of electricity
41. Mass. Cape
43. Mediator
44. 1/1000 of a tala
45. Players at 1st, 2nd & 3rd
46. Covered Greek portico
49. Bring upon oneself
51. Leuciscus cephalus
52. Cold War foe U\_\_\_\_
53. Bumpkins or hayseeds
59. Fleshy seed cover
60. Golf ball prop
61. Antipathetic
62. Wait or tarry
63. Weather map line \_\_\_\_bar
64. Civilian dress
65. Relaxing resorts
66. Box (abbr.)
67. Burning crime





## 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 low-cost  
spay/neuter clinics are held  
monthly within Brevard County.

SCFN spay and neuters  
Over 800 cats per year.

SCFN believes

Trap-Neuter-Return (TNR) is  
the humane, cost-effective, and  
tenable method to reduce  
cat overpopulation.

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

Helpline Monitor

Spay/Neuter Clinic Volunteer

Trapper

Foster or Kitten Care

Clinic Transporter

Publicity

Feeder at Mims' Sanctuary

Fundraising

Clerical/Computer Skills

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

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

**www.scfntnr.org**

# Every Letter Helps *By Michael Mendes*

**This January the city of Indian Harbor Beach banned feral cats on community land, particularly on complaints of four residents.**

The IHB town council did not research any of the allegations from residents, (misinformation on rabies, toxoplasmosis, and rodent increase), but instead took it all as fact and banned feral cats from IHB. With only 400 words to get my message across I have to cut to the chase. Below is a letter to the town council of IHB. If you agree that they were quick in their decision please fill the three criteria at the bottom of the letter and send to: Space Coast Feline Network Inc., P.O. Box 624 Cocoa, FL 32923. We will make sure they get into the correct hands.

## **To: The Indian Harbor Beach Mayor & City Council**

October 2013

On January 8, 2013, the Indian Harbor Beach City Council voted to ban community (feral and abandoned stray) cats on all public property within City limits and gave specific caregivers until December 31, 2013, to trap and relocate remaining cats in Gleason Park. As an advocate for No-Kill, I respectfully request that the Indian Harbor Beach Mayor & City Council reconsider this decision and allow the cats that are there to live out the remainder of their lives. Allow this managed colony to reduce in size thru attrition as many other well-managed colonies in Brevard have done over the years. Allow the caregivers to do what they do best, manage the colony and trap, sterilize, vaccinate, and relocate only the newly dumped cats/kittens, since no one seems to be able to stop the illegal dumping of animals.

Your decision was based on biased and unproven scare tactics used by individuals and groups that want to end the lives of free-roaming cats by the trap-and-kill method vs the humane method of trap-neuter-return. Contrary to what so-called evidence the Indian Harbor Beach Council had that trap-neuter-return does not work, there are many well managed colonies throughout Brevard County, Florida that are proof that it DOES work. The Brevard County Animal Advisory Board and many local animal advocates worked together for many months discussing the community/feral cat issues and the end result was that no change needed to be made to the County's feral cat ordinance. Blatantly ignoring all the time and effort put forth by the Animal Advisory Board and many residents of Brevard County simply makes no sense and gives the residents of Brevard County the idea that the Indian Harbor Beach Council believes they are the ONLY community/feral cat experts ... which

could be nothing further from the truth.

A total in excess of \$300,000 of grant funding has come into Brevard County from various sources to help with spay/neuter of both community and pet cats over the past 5 years (information compiled from Space Coast Feline Network, Brevard County Animal Services & Enforcement, Animal Guardians of Brevard, Suntree-Vierra Pet Rescue, SPCA of North Brevard, and Central Brevard Humane Society). There are many people and groups all over Brevard practicing TNR (trap-neuter-return) as it is the ONLY answer to our overpopulation problem of cats. Why would all this additional funding come into Brevard if the rest of the country and animal welfare organizations did not believe in TNR?

Relocation of community/feral cats rarely is successful due to the cats' instinct to try to find their way home. Most end up as roadkill or starve to death. Please reverse the decisions you made in January 2013 regarding free-roaming cats in Indian Harbor Beach. The community/feral cat caregivers should be thanked rather than fined for the service they provide FOR FREE to your community. Let Brevard County Animal Services do their job that taxpayers pay them to do ... if there is a nuisance issue, they can deal with it and try to resolve it in a humane manner.

As elected officials, I am sure you do not want to have Indian Harbor Beach, Florida to be added to the very small list of cat-hating, cat-killing communities.

---

Printed Name of Petitioner

---

Town Resident or State Resident

---

Signature of Petitioner

# Did You Know?



Cardiac arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. Though often mistaken as the same thing as a heart attack, cardiac arrest is not the same. Heart attacks can cause cardiac arrest and even lead to death, but the cause of heart attack and cardiac arrest are different. According to the American Heart Association, heart attacks are caused by a blockage that stops blood from flowing to the heart. Though heart muscle tissue dies because of this lack of blood supply, heart attacks do not always result in death. Cardiac arrest is caused by an electrical malfunction of the heart, which suddenly stops working properly. This can be arrhythmia, a condition that occurs when the heart beats irregularly or abnormally. Once the heart has stopped during cardiac arrest, death can occur within minutes. However, cardiopulmonary resuscitation, or CPR, can reverse cardiac arrest. A defibrillator will be used to shock the heart, which can restore the it to a normal rhythm in just a few minutes. Because cardiac arrest is so sudden and strikes without warning, it's imperative that men and women who are with someone they believe is in cardiac arrest take action immediately.

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

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



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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 Certificate for 1 Catering Box that Feeds 10 People from Jersey Mike's Sub**

OUR WINNER LAST MONTH WAS  
**Janet Rogers of Barefoot Bay**

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**

Advertiser

Page #

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

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

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

# Online Courses Help Professionals Balance Family Work & School



**Balancing a career and a family can be difficult**, and such a task gets even more complicated for professionals who decide it's time to further their educations. Though it can be difficult to balance all three, many degree programs are now more flexible than ever.

In the past, night school was the only way working professionals could simultaneously pursue their careers and further their educations. But thanks to advancements in technology, distance learning has enabled men and women to pursue their educations without committing to night school.

Flexible hours that allow students to complete coursework on their own time as long as they meet deadlines for assignments has made online degrees more and more attractive to busy professionals. Students and professors can keep in touch via the Internet, and some online students have found it easier to work with professors online than in a classroom.

Many schools now offer the same curriculum and courses through distance learning that they offer on campus. Students who may have studied at a particular school for an undergraduate degree may be able to pursue additional degrees online at their alma mater. When pursuing such

degrees, students must make sure the university is accredited.

Those considering online courses should realize that online courses require a certain measure of focus that differs from the focus necessary to succeed in a more typical academic environment.

*If you are new to online learning, initially enroll in one course at a time to get a feel for the process. Focus on a single course at a time so you can gauge how much attention and time is necessary to perform your best. There is no point paying the tuition only to have to repeat the course again for lack of concentration from stretching yourself too thin.*

*Sometimes professors will offer live lectures in addition to the standard coursework they assign. Make the time to participate in such live sessions.*

*Make time too for daily study sessions, just as you would when taking classes on campus.*

*Routinely communicate with your professor. This way you can promptly address questions about coursework.*



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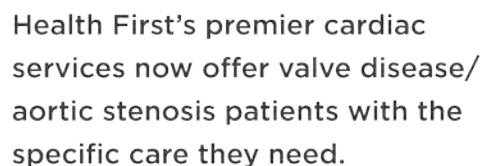
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