

COMPLIMENTARY  
march 2013

# spotlight

*Keeping You in the Light*

MAGAZINE

SpotlightBrevard.com



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**A Benefit for  
Serene Harbor  
pg11**

pg1 » Spotlight BUSINESS OF THE MONTH IS





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3:15 PM - The Lacs  
2 PM - Jill's Cashbox  
1 PM - Samantha Russell Band

### Saturday

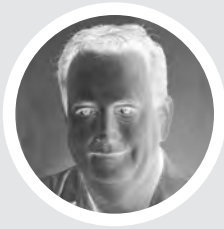
9 PM - Lynyrd Skynyrd  
7 PM - Billy Currington  
5 PM - The Farm  
3:15 PM - LoCash Cowboys  
2 PM - Tobacco Rd Band  
1 PM - Bubba Whoop A\*\* Wilson

### Sunday

8 PM - Lady Antebellum  
6 PM - Craig Morgan  
4 PM - Charlie Daniels Band  
2:30 PM - Parmalee  
1:30 PM - Tom Jackson



Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

*Bryan McDonough*

The month of March is going to be a busy one for most of us. With all the festivals, fairs and two holidays to boot, my calendar is filling up fast.

It's been said that the older you get, the faster time goes by! I really do not feel all that old, but time sure seems to be whizzing on past. Now, I need to confess a little something right here. A couple of weeks ago, I did receive a membership application to join AARP! I have to say I had mixed emotions about all of this when I saw my name on the envelope. I wondered, "What the heck is this?" I checked the address to make sure it was really my mail. Yep, it was for me all right! I like to think you are only as old as you visualize yourself to be, and I am not ready just yet for AARP membership. A least that is what I keep telling myself.

Some of you are probably laughing at me right about now. Yes, I know, I am in denial! Hey, does this mean I get a free cup of coffee somewhere or discounted movie tickets?

Moving on, Happy St. Patrick's Day to ya and may the luck of the Irish be with you today and throughout the rest of the year! Always remember to keep things safe and if you decide to imbibe on St. Patrick's Day, please have a designated driver to get you home safely while keeping the rest of us safe as well.

We will not forget about Easter, and for many it's mostly about a bunny and some eggs...

In our house, we like to say, "Thank You" again to Jesus for giving his life and rising up after three days to save us from ourselves, our past, our present and hopefully fewer sins in the future. What a feeling to have the security of knowing where we will be spending eternity. I am in no rush, but it will be good to see my mom again. Love ya, Mom!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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march 2013



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## RISK MANAGEMENT

by Jim Campbell, First Baptist Church of Melbourne

**We all deal with it, everyday.** In every circumstance, at some level, we attempt to assess what the risk versus the reward to us will be in every situation. "Do I have enough time to make it in front of this car?" "Am I in a hurry enough to risk it?" "What should I do with my retirement accounts?" "Should I start this relationship?" "Should I change jobs?" We take in endless amounts of data and we analyze millions of personal scenarios to find the direction we should take, for survival, for prosperity, for meaning, for purpose...and at the end of the day, there are always questions. "Did I do the right thing?" "Did I say it the right way?" "Did I make the correct decision?"

Some assessments are easier to make than others, and some of them are never truly completed at all. Most of the time, you can never know for sure, as hard as you try. You take in all the information available to you, think your decision has been right and then...BAM...something comes along that you couldn't have expected and you've blown it or so it seems. What do you do with that?

As a Christ follower, I've found that I really only have one risk to manage. I never will have all the information or chart the perfectly certain course, so I choose to employ the method of "risk consultation". At my decisions points, the highest priority is placed on what direction I feel that God is leading me, through prayer, God's word, and wise counsel from others who follow Christ. As a person who meets daily with God, I know that He has all the answers I seek... nothing catches Him by surprise. This truth reduces my "risk management" variables down to one common decision in each and every circumstance... is this the decision that God would have me make? Through His consultation, not my management, I find the right way to go. The Bible is full of people who followed seemingly, weird paths of God, succeeding and that's the kind of guy I want to be. Not the guy who stresses about risk, but the guy who is at peace with the adventure of knowing that the only risk I have is where I stand with God...and leaving the rest to Him.

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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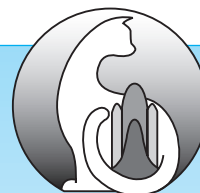
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The Helpline number for spay/neuter appointments is 631-SPAY  
(7729). Monitors (all volunteers) take messages left by callers.

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.



# The Key to More Success and Less Stress

**Until recently any resume was considered remiss** if the term "multitasking" wasn't listed prominently under the "skills" section. Somewhere during the late twentieth century a term coined to describe a computer's processing abilities was shifted to the human brain's optimum function. Suddenly, doing one thing at a time became a sure sign of laziness and ineptitude. Now, a couple of generations later, with record numbers of Americans labeled as having ADHD, the ability to focus, concentrate and pay attention is becoming the new hallmark of a disciplined mind.

Life is full of so many things to accomplish and enjoy but few things can truly be accomplished and enjoyed without taking the time to dedicate focus to the endeavor. I can remember always being successful at whatever I set my sights on until recently when the concept of "multitasking" gave me the misguided belief that with enough time and effort and energy I could succeed at several tasks simultaneously. While I was able to accomplish many goals and objectives, it was usually at the expense of my mental and physical health.

Mentally, I was often distracted and lacked focus to devote my best efforts to the tasks at hand. This, in turn, made the overachiever in me unhappy with feelings of dissatisfaction being the end result of many projects. This unhappiness then spilled into my personal life. I then began to read more and more self-help books promising tips on how to live my best life. I soon found myself adding reading and mastering information in self-help books yet another item on my multi-tasking list.

Physically, I was perpetually running late trying to complete too many tasks, run too many errands, meet too many people, etc. Eventually my blood pressure rose to a dangerous level

and I began to suffer with migraine headaches. Many peers I have spoken to struggled with ulcers, fibromyalgia and a host of other physical ailments that have roots in an overstressed lifestyle. For me, admitting I was responsible for buying into the myth of multitasking helped me begin to make positive changes in my life.

For centuries, wise men and women have known that focus is the key to leading a quality life. In an article published in *The New Atlantis*, a 17th century philosopher named Lord Chesterfield proposed the sage advice, "There is time enough for everything in the course of the day, if you do one thing at once, but there is not time enough in the year, if you do two things at a time." This statement brings to mind a current commercial advertising a 5 hour energy drink showing a young man simultaneously writing novels, running marathons, knitting sweaters, recording debut albums... The ad is hilarious because since the 1990's we as a society have tried to live this way. As a result we are purchasing Red Bulls and energy concoctions at the 7-11 checkout counters in a desperate attempt to accomplish too many things in too few hours.

Neurologists and psychologists are now publishing findings that the ability to multitask is a "myth" for the human brain and according to a 2007 article in the *New York Times*, this misguided attempt to do too many things at once is estimated to cost the U.S. economy \$650 billion a year in lost productivity. And the multitasking craze doesn't stop as we leave work or school. Texting and driving has proven to be a deadly combination that is as common as peanut butter and jelly. How many people eat dinner and check their emails via their I-phones at the same time?

So if the opposite of multitasking is focusing, how do we rewire our brains to concentrate on one task at a time? The first step to making a change is admitting you have a problem. Paying attention is the act of directing the mind to an object. The more objects a person attempts to devote attention to, the less focus can be directed to the object. Basically, your efforts become weakened and no amount of talent or time can overcome this fact. Focusing on one thing at a time is the key to the discipline that yields the results that are desired at work and on an individual level.

I once read an article about what is the main key to success. Many theories exist but the one universal discipline that is at the heart of all success is "energy well-directed." This concept fits with the discipline of focus and concentrated attention to one thing at a time whether it is writing a book, starting a business or making a bed. While making a list of goals you want to achieve or tasks you want to complete is generally a great idea to help organize time, energy and resources, focusing on one project at a time will not only produce the best results, but also give the greatest sense of satisfaction.

Society may be slow to give up the idea of multi-tasking, but you can set the trend in your own life by embracing the discipline of focus, doing one thing at a time, doing the best you can and taking pride in a job well-done. In the long run you will enjoy more success and have less stress."

---

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



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# What a Girl Wants



## **Many a book has been written about what women want.**

What it comes down to is, everyone is different and we each want different things. At Serene Harbor, we have put together an event that tries to fulfill some of the things women want. We used to say What a Girl Wants... Chocolate, Shopping and Fashion.

This year we have added male models. Okay not exactly, but we are having a fashion show presented by Dillard's Melbourne Square with Brevard County Sheriff's Deputies modeling the clothes. You may also see a green uniform sprinkled amongst the new fashions. Sheriff Wayne Ivey will be providing colorful commentary for this unique fashion show.

"What a Girl Wants...Shopping, Chocolate & Fashion" will take place on Sunday April 14 th from 11am until 4 pm at the Crowne Plaza, 2605 N. Highway A1A in Indialantic. This event includes about 60 vendors, a chocolate fountain, silent auction, raffles, information sessions and fashion shows. Tickets are \$15 for general admission and \$35 for VIP tickets. VIP tickets

include a fabulous goody bag and guaranteed seats for the fashion shows. For tickets go to [www.sereneharbor.org](http://www.sereneharbor.org). For further information or to be a vendor, call Nancy Peltonen at 321-726-0402 or email to [sereneharbor@cfl.rr.com](mailto:sereneharbor@cfl.rr.com).

Serene Harbor is a domestic violence shelter housing women and their children. It provides a safe haven and resources to help the women rebuild their lives and feel empowered to live a life free from violence. Each woman who comes into our shelter works with our Adult Case Manager to establish an individual case plan of goals she would like to achieve while at our facility. We also provide each child that comes into our facility with a case plan. We want to ensure their needs are being met and we want to work with them to break the cycle of violence. A high percentage of children, who witness domestic violence, become abused or abusers in their adult lives. The shelter provides awareness classes and educates the children about healthy relationships and "hands aren't for hurting".

Community trainings are a very important free service we provide to educate the public about the prevalence of domestic violence. We want to reduce the number of incidents in Brevard County. Serene Harbor provides trainings on domestic and dating violence, sexting and elder abuse. Currently, we provide an eight week prevention program for third graders. The topics include discussions on healthy relationships, dealing with diversity, dealing with disappointment and bullying. By increasing awareness

of the dynamics of the unhealthy relationships in domestic and dating violence, we hope to give people the tools to make better decisions about their relationships. It will take awareness of this important issue to make a difference in reducing the violence we read about every day in the paper. The stories of the ex-boyfriend and estranged husband continue to fill our daily news with horror stories of the violence existing within homes. At least three incidents of domestic violence every day end in the murder of a woman. This needs to stop.



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Locke has eight years in banking with nearly two decades of management experience. Prior to joining TD Bank, he worked at RBC Bank as a Business Specialist and Branch Manager in Melbourne, Fla. He also has served as an Assistant Vice President at Fifth Third Bank in Naples, Fla.

Locke is a member of the Melbourne and Palm Bay Regional Chamber of Commerce, the In His Name Network Group (I.H.N.) and the Bayside Leads Network Group. He also founded the Center of Influence Network Group (C.O.I.).

A Satellite Beach, Fla., resident, Locke is a 2002 graduate of Edison State College in Fort Myers, Fla.

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## MUSIC TO MY EARS SPOTLIGHT ON THE ARTS

by Pam Mankowski

**I am very proud of the Stage 1 Stars** – Joy of Singing program under the direction of Beth Green. While enjoying the Academy Awards on television in February, I was reminded of a study that I read that relates information in regards to music and the arts and education.

If I told you that you could improve your test scores just by listening to Mozart, would you be interested? An in-depth study was done on this "Mozart effect" by Drs. Rauscher, Shaw, and Ky. In Norman M. Weinberger, scientist and researcher's article on this subject, he describes how the Mozart effect was demonstrated in the study (the Mozart effect being an increase by 8-9 points in test scores on spatial-temporal reasoning for 15 minutes after listening). He wrote:

In this experiment, 79 college students were tested on their spatial-temporal abilities ... the experiment covered five days. On day 1 they were tested for spatial ability and then divided into three groups that had the same average spatial ability. On days 2-5 they had one of three listening experiences

and then were immediately tested again. The three groups received 10 minutes of (1) Mozart's sonata for two pianos, (2) something different every day ...or (3) silence every day. The authors obtained the Mozart effect (Weinberger 3).

However, there are even more benefits in store for students who receive music education, such as vocal or instrumental instruction. This is evident in Sari N. Harrar's article "A Sharp to A Plus". She states, "...and when the Princeton, New Jersey-based College Entrance examination board looked at the SAT scores of college-bound high school seniors, they discovered that musicians scored 57 points higher on the test's verbal section and 41 points higher in math" (2).

If these amazing statistics alone show how beneficial music and music education is for children and teens, then why is it a well-known fact that music programs are one of the first cut in schools? And why is music sometimes seen as frivolous, and should be secondary to activities such as sports? This may lead to the question: why encourage young people to study music and support funding in schools? Well, as a twelfth-year

pianist and piano accompanist for a children's singing group, I have seen firsthand, in addition to researching, that music education has numerous benefits. Music education not only improves children and teen's test scores and comprehension abilities in school, but it also promotes cultural heritage, boosts their confidence and self-esteem, builds creativity, and promotes teamwork and cooperation. It also encourages perseverance by showing how hard work pays off, and encourages them to see things through. I believe music education is very beneficial and should be a part of every child's life, and that it should be supported, in schools and elsewhere.

One of the problems music education faces is something virtually everyone currently deals with - the troubled economy. One solution to the lack

—Continued on page 44

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## HEADACHES

### SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



**If you have a headache, you're not alone.** Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

What do you do when you suffer from a pounding headache? Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Research shows that spinal manipulation – the primary form of care provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck.

A report released in 2001 by

researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.

Also, a 1995 study in the Journal of Manipulative and Physiological Therapeutics found that spinal manipulative therapy is an effective treatment for tension headaches and that those who ceased chiropractic treatment after four weeks experienced a sustained therapeutic benefit in contrast with those patients who received a commonly prescribed medication.

#### Headache Triggers

Headaches have many causes, or "triggers." These may include foods, environmental stimuli (noises, lights, stress, etc.) and/or behaviors (insomnia, excessive exercise, blood sugar changes, etc.). About 5 percent of all headaches are warning signals caused by physical problems.

Ninety-five percent of headaches are primary headaches, such as tension, migraine, or cluster headaches. These types of headaches are

not caused by disease. The headache itself is the primary concern.

"The greatest majority of primary headaches are associated with muscle tension in the neck," says Dr. George B. McClelland, a doctor of chiropractic from Christiansburg, VA. "Today, Americans engage in more sedentary activities than they used to, and more hours are spent in one fixed position or posture. This can increase joint irritation and muscle tension in the neck, upper back and scalp, causing your head to ache."

#### What Can a Doctor of Chiropractic Do?

Dr. McClelland says your doctor of chiropractic may do one or more of the following if you suffer from a primary headache:

*Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.*

*Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.*

*Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.*

"Doctors of chiropractic undergo extensive training to help their patients in many ways – not just back pain," says Dr. McClelland. "They know how tension in the spine relates to problems in other parts of the body, and they can take steps to relieve those problems."



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## SLEEPING THROUGH THE STORM

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

**With the uncertainty of the economy and upcoming hurricane season,** I want to share a story that circulated on the Internet last year that is worth repeating.

A farmer on the Atlantic coast was looking for farm hands. One applicant was a short, thin man, well past middle age.

"Are you a good farm hand?" the farmer asked him. "Well, I can sleep when the wind blows," answered the little man.

Although puzzled by this answer, the farmer, desperate for help, hired him. The man worked hard and kept busy. The farmer was satisfied with his work.

One night the wind howled loudly from offshore. Jumping out of bed, the farmer grabbed a lantern and rushed to the



hired hand's sleeping quarters. He shook the man and yelled, "Get up! A storm is coming! Tie things down before they blow away!"

The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows."

Angered by the response, the farmer was tempted to fire him on the spot. He hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

When you're prepared for storms, spiritually, mentally, and practically, you have nothing to fear. Can you sleep when the wind blows through your life? The hired hand in the story was able to sleep because he had secured the farm against the storm.

We secure ourselves against the storms of life by soaking ourselves with the Word of God, being obedient to it and then placing our faith and trust in God's goodness. We don't need to understand, we just need to hold His hand to have peace in the midst of our storms.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Philippians 4:6-7

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# Business Document Management Problems are Easily Solved by PDS



**Outdated records may be seldom or never needed**, but common-sense and legal requirements demand that they be retained for a certain period of time depending on the type of document. A collection of "inactive" and "semi-active" records may continue to build and build until the amount becomes a very difficult burden to manage. All require specialized handling and storage.

Off-site document storage offers the solution to many of the problems and costs associated with maintaining inactive business records. These files have a tendency to grow as a business grows and it's only a matter of time before the question is asked, "Where do we put these records next?" You cannot know how much space you inactive records will require next year but with an offsite program, you can be assured that all of the required space you need, will be readily available and you will never pay for space that's not being used. Sure, there is self-storage, but someone still has to schlep boxes to and from and spend time at the unit trying to locate files when they are needed.

As records accumulate, someone in your organization must be made responsible to manage them. Who from management can be spared to make sure they are kept in good order? Is it a wise policy to hire one person to know where the documents are located and how to retrieve them? How long would it take to train that person and what happens when that person is on vacation or calls in sick? The fact is these questions are rarely considered when implementing a records management program.

Inactive files are kept because they might be needed later in their life cycle. When they are, the need is definite and immediate. Any filing system is valuable in direct proportion to your ability to get the information quickly. Professional Data Storage & Delivery, Inc. (PDS) of Melbourne gives you easier access to and greater control of your inactive records than ever before. Paradoxically, while your records are no longer in your offices, you are closer than ever to them. All you need is the computerized inventory that PDS supplies or Web access. Many of PDS' clients are amazed at how easily files can be retrieved according to Jim Myers, the firm's Vice-President for Operations. "Our trained records center personnel and couriers work together as a team that gets specific documents into customers' hands in a matter of hours and often minutes," said Myers. "This frees your personnel from looking through dusty cartons of old files and we can guarantee something that most companies can't guarantee themselves - once your records are entered into PDS's database - we will find the information and deliver it to you either in hard copy or electronic form.

"Once you have decided to use the services that PDS has to offer, a specialist will visit your office to determine which records should be managed in our off-site records center," continued Myers. "If repacking is necessary, such as relocating files from your file cabinets into boxes, this too, can be performed by PDS. We will then transport the boxes to our facility where indexing and data entry into our system will commence." PDS also provides document imaging services for documents that are very active or that need to be retained for longer periods of time. PDS customers include accounting firms, attorney's offices, car dealerships, title companies, government agencies, real estate offices, banks, and insurance companies among others.

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"God inhabits the praises of  
His people..."

"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,

After taking a world religion class, my friend has started integrating different pagan practices with her Christian beliefs. She seems to be gravitating toward the new-age movement. Jamie still claims to be a Christian, yet she's buying magic crystals, talking about "karma" and she even bought a "coexist" bumper sticker for her car. She's also made several comments about how Christians have killed innocent people throughout history. Jamie tends to be a little flighty; so I'm not sure how to handle this. I don't want to poke fun at her, but she's very gullible and easily influenced by people.

—Megan of Palm Bay

Dear Megan,

The act of merging different, or opposing, religions together is known as "syncretism" and to be honest, it just doesn't work. To begin with, there are absolute truths. In the Bible, we're taught that all men and women are born with a sinful nature. There is only one road to forgiveness and salvation—and that's through Jesus Christ. Many religions do not recognize the existence of sin, and most believe we are saved by works—not grace. Others believe that there are many roads to God, but Jesus said, "I am the way and the truth and the life. No one comes to the Father except through Me" John 14:6 (NIV). From a Christian standpoint, any religion, or denomination, that distorts the message of the gospel is a cult.

It's unfortunate that many atrocities have been committed by religious extremists, but were they from the teachings—or by a distorted and twisted application of those beliefs? I assume Jamie was referring to the Inquisition (1200-1800) and the Crusades (1096-1272). The bloodshed that took place was clearly in violation of the teachings of Jesus Christ and was done under the authority and approval of the Roman Catholic Church.

A brief look at history will confirm that every religion has its extremists and carries its share of blame for violence. There will always be conflicts between religions because each makes claims which clash with the beliefs of others. I advise you to give your friend the truth—in love, and continue to pray for her.

### Dear Val,

I've been going to church regularly and doing my daily devotions; but for the past couple of months, I haven't been able to feel God's presence or hear His voice. I can't think of any un-repented sin I've committed, and I really miss the closeness I felt with Him. What's going on?

—Jill of Palm Bay

Dear Jill,

All Christians experience "dry times" or feelings of doubt and confusion; that's why it's important for us to remember, God promises: "...never will I leave you; never will I forsake you" Hebrews 13: 5-6 (NIV). And in Jeremiah 29: 13-14, "You will seek Me and find Me when you seek Me with your heart. I will be found by you."

Here are a couple of suggestions for you: to remind you of God's faithfulness, keep a journal, or record, of God's answered prayers in your life. Corporate praise and worship is essential, but God also loves to hear our voices in our private time with Him. Put on your ipod and sing your heart out, because God inhabits the praises of His people, Psalm 22:3.

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

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## TASTES GOOD AND HEALTHY SPOTLIGHT ON COOKING

by Cecelia Danas



**It is hard finding things** you like to eat that are healthy and taste good. Well here is my take on Zucchini Bread. It is only 128 calories, 20% fat, low in sodium 135mgs. Eat it when it is warm with light cream cheese great for breakfast or lunch. Remember — Be Creative!

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

### Healthy Zucchini Bread

2 c coarsely shredded zucchini	1 tsp salt	1/3 cup vegetable oil
2 c all purpose flour	1 tsp ground cinnamon	1 tbsp vanilla extract
1 3/4 c sugar (or substitute)	1/4 tsp baking power	can of vegetable cooking spray
1 tsp baking soda	3/4 c applesauce	
	1/2 c egg substitute	

Shred zucchini and place on 4 sheets of paper towel and cover with paper towel. Press down on paper towel and let stand for 5 minutes and do it again.

In a bowl add flour and the next 5 ingredients and stir well.

Then add the zucchini, applesauce, egg substitute, oil and vanilla stirring all until it is mix together and moist.

In 2 - 7 1/2 x 3 inch loaf pans coated with cooking spray spoon in batter.

Bake at 350 degrees for 1 hour and 15 minutes or until a knife comes out clean. Cool for 10 minutes and place on a wire rack. Remember 1 slice is a serving for 128 calories.

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## Geocaching on the Space Coast



**Do you love to go outdoors,** take a walk on a beautiful trail or float through the mangrove covered canals of the Space Coast? Then you just might be interested in a growing hobby/game sweeping across the Space Coast. Even though Geocaching (pronounced geo-cashing) has been around for about 12 years now it has become more popular today than ever before. With more than 1,200 geocaches hidden across the Space Coast and several hundred people participating, it just might be one of the best kept secrets.

What is geocaching? It is a high tech treasure hunt using a handheld gps unit or a smart phone to find hidden containers all over the world. You go to a website called geocaching.com, create a free account and search for geocaches in your area. Once you get coordinates from geocaching.com you go out and search for the geocache. When you find the container there will be a log sheet inside for you to sign your name to. Depending on the size of the container there may be some trade items for you to trade. You can take something but you have to leave something in its place. Then you hide the container back the way you found it. Afterwards you go back on the computer and write something about your experience.



The Space Coast is home to the world famous Space Coast Geocaching Store. This one of a kind store is the only store in the United States completely dedicated to geocachers. This store can be found at 860 N Banana River Dr Merritt Island. The owners are geocachers known as Dale n Barb who have been geocaching since 2006 and finding almost 3,000 geocaches over the years.

The Space Coast Geocachers Association is a local group that is very active in the local community. We work hand in hand with Brevard County Parks Department as well as Keep Brevard Beautiful. Every month we gather at a park or area that needs to be cleaned up. We have picked up tons of trash over the last few years keeping Brevard parks and roadsides just a little bit cleaner.

If you would like to learn more about geocaching or the Space Coast Geocaching Store feel free to stop by the store on Merritt Island where you will feel very welcome. We have a very relaxing and welcoming atmosphere at the store. **Space Coast Geocaching Store 321-453-7242 scgastore.com**







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## BEWARE KEYLOGGERS DURING TAX SEASON!

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



Tax season is what we refer to as 'Christmas for Hackers' because they know that lots of us will be typing very sensitive information on our computers to prepare our returns. There are a number of threats that can compromise your computer, but few are as disconcerting as a keylogger.

If a malicious keylogger can sneak its way into your computer, it sits silently in the background recording every keystroke you make and can send the daily 'transcript' to a remote hacker. Grabbing your valuable data, such as bank credentials, social security numbers, and e-mail passwords takes seconds with an automated script.

Keyloggers tend to be fairly sophisticated programs that can masquerade as typical operating system processes, so detecting them can be a little tricky. A sign that you should have your computer looked at by a knowledgeable person begins with how long it takes your computer to start up. If it's substantially longer than when it was new, you likely have extra processes

running that could include malware. A quick self-check can be run by opening the Windows Task Manager (right-click on the Taskbar at the bottom to start it), when you first turn your computer on, and reviewing the number of processes running.

A well-maintained computer will have between 40-50 processes running. If the number is 60, 70 or 80 plus you should have your computer looked at as soon as possible! Not only will a close check of your computer uncover any potentially hazardous malware, minimizing these running processes will help your computer to function significantly better without the extra load.

While you have the Task Manager open, click on the Processes tab and then on the 'Image Name' column header to sort the processes alphabetically. Scroll down towards the bottom and look for the 'winlogon.exe' process. There should only be one. If you see more than one

instance of winlogon.exe, you should stop using your computer immediately and have it examined. Unfortunately, many of today's keyloggers are written to hide from this quick check, so just because you don't see more than one instance of winlogon.exe, it doesn't mean that you don't have a keylogger installed.

Another indication that should concern you is if your CPU usage meter (click on the Performance tab) is showing a lot of activity even though you just started your computer and haven't opened any programs yet. Your CPU should be idling in the 2-3% range with no programs (other than Task Manager) open.

While you are reviewing the performance charts, take a look at the Physical memory usage to see if you need more memory (RAM). If the blue line in the Usage History is half way up or higher, adding more RAM should provide you with a noticeable improvement in speed.

Ignorance is not bliss when it comes to computer security, so if you have any indications that your computer isn't quite right, make sure you have it looked at before you start your tax preparation.

If you don't have a trusted resource to examine your computer, schedule a free 1015EZ checkup with Data Doctors. In 10-15 minutes, we'll tell you if you have any reason to be concerned: EZ!

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# Do-it-Yourself Healthcare is Here Now

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

## Providing a glimpse of the insurance coverage we can expect in the future,

health insurance giant United Healthcare announced that they were following up with their ongoing cost cutting program by not only offering complete do-it-yourself hearing aid coverage for all their insureds, but by also preparing to roll out a complete line of do-it-yourself surgery kits.

"Recognizing the Baby Boomer's incredible do it yourself ethos, and by eliminating any semblance of professional services, and care after the sale, we save our insured's valuable premium dollars. By disqualifying all the vendors except the one we own, and dealing directly with consumers, we clearly demonstrate that regardless any antitrust laws, practice acts, state licensing, or established delivery protocols, we at United Healthcare can turn an entire industry, and delivery system into products and processes we control, and provide."

"We do this by cutting out all of the costs associated with any testing, fitting, professional services, follow up care, or actually having to service anything. Cutting out any actual care, or services after the sale, allows us to cut premiums, saving our customers real money. Owning the only vendor qualified to provide products under our plans allows us to pass those extra profits directly on to our stockholders through a vendor subsidiary, not covered by the 85/15 provisions of Obamacare"

"The no professionals needed model is proving so profitable, that we plan on providing a complete line of do-it-yourself surgery kits starting later this year. We hope to roll them

out just in time to coincide with full implementation of Obamacare."

"Each kit will come with all the instruments, drugs, dressings, drapes and instructions needed to take care of such common surgeries as vasectomies, breast biopsies, appendectomies, stomach, and bowel resections, hernia repair and such, right in the comfort of your own home. All, without incurring the high costs associated with those doctors, technicians and other healthcare professionals normally involved with such procedures." effused an excited company executive, on condition of anonymity."

Now, while your health insurance coverage may not have quite deteriorated to the point of DIY surgery kits yet. United Healthcare did quietly change all of it's hearing aid coverage as basically described above, as of the first of this year. So, if, you are one of those who are now expected to do your own fitting, via the mail we can help.

At A Advanced Hearing Care, we've been helping folks hear better through amplification for over twenty years now. Even if you've been mailed your hearing aid by an Insurance company, who sees professional services as an impediment to their profits, and something unnecessary to your hearing healthcare, we know better.

Regardless of what you may have been told, even 'out of the box' hearing aids need some fitting follow up and care. All hearing aids, regardless of who makes them, or how they are provided need regular cleaning, maintenance and

occasional servicing, adjustment and repair. So, while mail order may be the way for some folks, most require at least some level of professional involvement, training and care to get the most out of any hearing aid fitting.



We offer not only a complete line of quality new and good used hearing aids, but same day fitting and free trials of some of the latest, and most remarkable gear on the market, along with complete service and follow up care for anything we fit or sell. We've even made a bit of a name for ourselves for turning even what some thought were lemons into lemonade, creating real consumer value while doing so by salvaging otherwise poorly fit instruments.

So, if you, or a loved one needs hearing help and isn't really into the complete do-it-yourself healthcare motif, we can help. Even if, you didn't get your hearing aids from us.

We are located in the Heart of Historic Downtown Melbourne Florida in Suite #12 of the Arcade Building at 720 East New Haven Avenue. We welcome new and walk in patients weekdays from 9:30 till Noon and will gladly accommodate even the busiest of schedules with afternoon, or after hours if that's what it takes to serve you, with a simple phone call to 321-722-2894.

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## WHAT IS FACEBOOK TO YOU?

### SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.

Facebook is a playground of fun connections, amazing photos, entertaining videos, and fascinating links. It offers a ton of interesting and useful information, a multitude of content sharing and networking opportunities where both personal and business relationships are formed. Several friends play on this playground which makes it that much more amusing!

For the most part the people on Facebook play nice, but we do run across those that like to add a little drama to the mix, especially in the political arena. Then there are those that like to 'poke' us, saturate us with game invitations, like Farmville, and other senseless applications, and of course there are the posts that ask us to copy and paste a message on our status update and if we don't, we feel guilty that



we may not be playing nice.

Yes, it is fun to connect with family, friends and

acquaintances on the Facebook playground and intermingle with them but sometimes it does get a little uncomfortable when a 'friend' shares 'too much info'. Yup, we all have them, 'friends' who post about their latest personal escapade, share inappropriate photos and videos and keep us up to date about every activity of their life from where they are each second of the day to all the calamity they surround themselves with. These people are 'oversharing' just a little 'TMI' and not only can they be annoying, they are opening themselves up to a mess of risks.

Once pictures and statuses are put up on Facebook, or any other social site, they have the possibility of being copied or even altered plus shared out on the Internet where they cannot be removed. With the addition of the Facebook Timeline it is easier now to go back and see what someone said years ago. Oversharing today may cause someone to regret it five years from now. Some precautions that are recommended when posting on Facebook whether for personal or business use:

- **Never say something online you wouldn't say offline**
- **Be selective about instant sharing from apps that track your activity**
- **Check your profile privacy settings on a regular basis to ensure you don't share information you don't mean to.**

What is Facebook to you? Connecting with family and old acquaintances? Meeting new friends on 'Mafia Wars'? Building relationships with clients and prospects? However you are using Facebook, you do have to stop and consider how you are using it to represent yourself. Social media does not define who you are, but it does reflect a certain side of you that you want the world to see. So remember - what happens on Facebook, Twitter and YouTube - stays on the Internet forever!! "Happy Facebooking"!

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# Coping with Seasonal Allergies

**The season of allergy-induced sniffles** and other complications is right around the corner. If you are one of the millions of people affected by seasonal allergies that lead to nasal swelling, sneezing, watery eyes, and a scratchy throat, you may not be eagerly anticipating the warmer weather as much as others.

Allergy research is ongoing, and in the future doctors may be able to prevent allergic reactions from occurring rather than treating the symptoms that ensue. Until then, you will have to work with the remedies that currently exist. These remedies include antihistamines, which can cause dangerous interactions with other medications and may cause drowsiness. These side effects can be dangerous for use in seniors. Consider these other options instead.

**Drink plenty of fluids.** Although liquids can't wash the allergens out of your system, water, juice and clear broths can help loosen congestion. Hot liquids can soothe inflamed membranes in the nose and throat.

**Avoid allergens as much as possible.** Check weather reports for the levels of particulates in the air and stay indoors if they are high. Keep away from tall grasses and places with a lot of foliage.

**Use the air conditioning.** Rather than keeping the windows wide open, use an air conditioner and dehumidifier to filter the air coming inside of the house and ensuring it is cool and dry.

**Head to the beach.** If you want to spend time outdoors, areas by the ocean will have pollen counts that are much lower than in mountainous areas.

**Dry clothes indoors.** Line-dried clothes may smell fresh, but they can bring molds and pollens indoors and exacerbate allergies.

**Shower frequently.** After being outdoors, take a shower to rinse off any allergens clinging to hair and skin.

**Check with a doctor.** Before mixing allergy medications with any prescriptions you are taking, ensure that they are safe to mix. If your doctor is unavailable, consult with a pharmacist about drug interactions.

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

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

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

Awakening	Chirp	Lawn	Spring
Birds	Flowers	Outdoors	Umbrella
Blooming	Greenery	Rain	Windy
Butterfly	Insects	Rebirth	

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OUR WINNER LAST MONTH WAS  
**Judi Stevens of Palm Bay**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_  
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## Space Coast Feline Network

Friends of feral and abandoned cats

**SCFN is dedicated to  
humanely caring for and  
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To meet this mission,  
spay/neuter clinics are held  
monthly alternating between  
the South Animal Care Center  
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afternoon clinic is held at Animal  
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Volunteers perform all tasks at  
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is performed by a veterinarian.

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

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

**www.scfntnr.org**

# An Extreme Solution

By Michael Mendes

**It's always upsetting when  
you lose a battle for a cause  
you believe in. But it gets really  
disheartening when the loss is  
based on misinformation and poor  
research.**

I am speaking about the recent decision  
of Indian Harbour Beach (IHB) to ban all  
feral colonies within city limits.

What doesn't compute with the  
new ordinance is the amount of  
misinformation it is based on, and the  
refusal of the IHB city council to recheck  
their research...or lack of.

The meeting was attended by a large  
group of feral cat supporters. We all  
had a chance to speak before the  
new bill was discussed among the  
council. Everyone presented facts and  
most included references to support  
their claims. Then there were other IHB  
residents who spoke out against feral cat  
colonies. The residents who had actual  
problems were referring to one problem  
colony on Freddie Street. One problem  
colony should be addressed by feral cat  
organizations and experts, not write an  
entire ordinance outlawing it.

After public comments, the city council  
started discussing the feral cat issues  
and possibilities for the ordinance.  
They were constantly quoting incorrect  
information, but when a feral cat  
supporter would attempt to correct them,  
they were threatened to be removed. I  
even tried to advise Mayor Newberry  
on an important point during recess  
but was dismissed by him before I said  
anything.

Just a sample of the misinformation that  
was being accepted as fact can be seen  
in the wording of the new ordinance.  
The following quote is from the new

ordinance, "and was written into it as  
the hazards to public welfare that feral  
cats pose: ...carry and spread diseases,  
destroy property, compete with native  
wildlife for food and shelter, as well as  
copious fecal deposits made by said  
feral animals."

So, to the city council of Indian Harbour  
Beach, what you missed out on while we  
were trying to correct you was:

**Spread diseases** –Having a registered  
colony you are responsible to have all  
the cats spayed or neutered. All cats  
get a rabies inoculation when in the  
vets care, (that's the law, every ear  
tipped cat has a rabies shot). Of course  
toxoplasmosis was brought up again,  
linking cat feces to a parasitic infection  
that causes birth defects is a favorite of  
feral cat opponents. ACCORDING TO

**The C.D.C.** –You have to ingest the  
parasite to get infected. (maybe women  
who are eating cat dung off lawns and  
in public parks shouldn't be raising  
children anyway).

**Compete with native wildlife for food  
and shelter** –If the colony is being cared  
for then it is being fed and not relying  
on the local food chain. By illegalizing  
feral colony care they have created the  
scenario of cats competing with native  
wildlife for food not alleviated it.

**Copious fecal deposits made by said  
feral animals** –Not too sure which  
council member confirmed that there  
was "copious amounts" of fecal matter  
in Indian Harbour Beach, but several of  
us toured the colonies in question and  
only found raccoon droppings, probably  
because cats bury their dung. In fact the  
only copious amounts of fecal matter I  
found in Indian Harbour Beach is the  
new ordinance itself!

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**My name is Melissa Smith-Autry, and I'm legally blind and deaf.**

Thirteen years ago I got my first guide dog, Oscar, and discovered the independence and companionship that a guide dog can give. Together he and I gathered sponsors and walked in 10 annual Southeastern Guide Dogs Walkathons, donating the money to train new puppies for others in need of a guide dog. After Oscar died in 2011, I walked with my new guide dog Lindsay and raised enough support to name a puppy "Oscar" in memory of my beloved first dog.

Lindsay now brightens my world and brings me joy. We will be walking again on March 9th, 2013 in St. Petersburg, Florida and our goal is to raise \$3,500.00 this year.

**Please sponsor us: [www.sitstaygive.org/melandlindsay](http://www.sitstaygive.org/melandlindsay).**

I can't imagine life without a guide dog; together we can make it possible for others to have one too.



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**Wil Sylvince** is one of the most explosive comedians performing around the world today. His comedic performances on BET's COMIC VIEW, HBO'S DEF COMEDY JAM, and SHOWTIME AT THE APOLLO all garnered standing ovations by the audiences, a feat rarely seen accomplished by many performers. Born and raised in Brooklyn, Wil has honed his act in New York's top comedy clubs - the Comedy Cellar, Comic Strip Live, Caroline's on Broadway, Stand-Up NY and the Gotham Comedy Club. His unique perspective on political and social issues, with a twist of his West Indian Haitian culture makes Wil a comedian in high demand.

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### Things are looking up in the Real Estate world!

**Inventory is low**, properties are having multiple offers, and lenders are financing adequate buyers. Sounds like a recipe for success for potential sellers! Now all you need is a qualified Real Estate Agent. Whether you've worked with a Realtor in the past or not, the following tips will help you in your search for a skilled, professional Realtor.

### Questions to ask when interviewing potential candidates:

*How many homes have you sold over the last year? How many expired listings in the same time frame?*

Make sure they aren't going to "list-and-leave" you. This helps you establish a track record of your potential agent. Determining how successful the Realtor is in closing the deal should be your first matter of business. If there is an abundance of expired listings, this shows they are good at obtaining listings but have no call of action for actually getting the listing SOLD.

*What makes you stand out from the other candidates we are interviewing?*

You want to look for someone who is able to accurately prepare and submit information in order to promote your property. This starts with obtaining the correct information from you, in order to adequately input to the Multiple Listing Service (MLS). This is where your home will be accessible not only to the public, but more importantly to all licensed Real Estate Agents.

*What are you going to do to get my home sold?*

You want to find out their plan of action. Find out if they are a part of any networking groups – chamber of commerce,



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women of excellence, etc. Obtaining maximum exposure for your property is a must. Inquire about forms of marketing for your home. How will your home be seen by as many potential buyers as possible? Ask what minor repairs and improvements they would recommend to help sell your home at the highest price possible.

Just these few questions will allow you to make the best decision possible when hiring a Realtor. Finding someone to represent you in the sale of your home doesn't have to be daunting. Just make sure you have someone working on your side that you can trust, that's knowledgeable of the current market and trends, and that will do everything possible to get your home SOLD!

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## LIGHT OF THE WORLD IN DARKEST MOMENTS

CCM: One Church, Many Locations

**When my son was a boy**, he had a pair of Black Emperor scorpions as pets. They lived in a little habitat set up in a glass aquarium. They ate crickets and also a gel food, containing both nutrients and fluid, from a little dish.

At first, yes, they seemed a little creepy, but when the family got used to them, they were interesting to watch and even to handle. Truth be told, they were kind of cute. In fact, when one wanted to come out and be held, he would climb to the top of the aquarium and tap on the glass until you took him out.

By and by, one of them became sick and was obviously dying. My son was horrified, but there was little we could do. And when he became too ill to eat, the other one – amazingly – would scoop up the gel food with a claw and carry it to the sick one and feed it. The healthy one took care of the sick one until he died.

Of course, this story amply demonstrates the glory and wonder of God's creation (1 Chronicles 29:11).

But that's not all.

This is a bug we're talking about; an insect. And he cared for his brethren

until he finally succumbed.

How many elderly or sick people in this world do you suppose pass away, all alone, frightened and without hope because no one is there to share Christ's love and the anticipation of life everlasting?

There are human beings out there, desperate and needy, without someone to hold their hand and show them the way to the Light of the World in their darkest moment (John 8:12).

There are hungry and homeless people, living in the woods, sleeping in a bedroll if they are lucky enough to have one, wanting not only for food and fresh water, but for someone to just care. Consider your own good fortune the next time you get up from your bed in the night to use the bathroom and get a drink of cold water from your fridge. And when you take a shower, think about the people out there who consider it a good day when they are able to sponge bathe in

a gamey sink somewhere.

You might be thinking, "There are so many in need. What can I possibly do?"

The scorpion considered only his aquarium companion. He didn't worry about every scorpion out there. He did what he could. Similarly, we can consider those in our own community; our neighbors. While we are here, we are the arms, the feet, and the very heart of Jesus Christ. What would He do if He were here?

That is what we must do, if we love like Jesus loves.

Martin Luther once wrote,

"Fruit of faith therein be showing

That thou art to others loving;

To thy neighbor thou wilt do

As God in love hath done to you."

Remember these words to live by, from 1 John 4:7: "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."



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# Explaining the Christian **Holy** Season

**About one-third of the planet**, or roughly 2.1 billion people, are Christians. Each spring, this large subset of the population celebrates the religious miracle that is the death and resurrection of Jesus Christ.

The Lenten season is one of the holiest times of the year on the Christian calendar. This is a period of 40 days and nights that begins with Ash Wednesday at the beginning of Lent and lasts through Easter Sunday. Many Christians celebrate Easter but may not know the significance or meaning behind certain days on the Lenten calendar. Here is a primer on the Lenten season for Christians and non-Christians alike.

## **Ash Wednesday**

In the Roman Catholic Church, Ash Wednesday marks the first day of Lent, the season when one prepares for the resurrection of Jesus Christ. Ash Wednesday always falls 46 days before Easter and will vary according to the calendar.

Ash Wednesday is a Holy Day of Obligation, which means parishioners are expected to attend mass to mark the beginning of the holy season. During the mass, celebrants receive ashes in the form of a cross on their foreheads. The ashes are made from burning the blessed palm fronds from last year's Palm Sunday mass.

In ancient times ashes were worn as a symbol of sorrow, repentance and acknowledgment of sins. Nowadays, ashes allow Christians to humbly display an outward sign that they are aware of their shortcomings and are cleansing their souls in the preparation for the celebration of Christ's resurrection.

## **Palm Sunday**

Palm Sunday marks the beginning of Holy Week and it is a day of obligation when Christians attend mass, and they receive fronds of blessed palms. Occurring



a week before Easter, Palm Sunday commemorates the entry of Jesus into Jerusalem to celebrate the Passover. The gospels record the arrival of Jesus riding into the city on a donkey, while the crowds spread their cloaks and palm branches on the street and shouted "Hosanna to the Son of David" and "Blessed is He who comes in the name of the Lord" to honor him as their long-awaited Messiah and King.

## **Holy Thursday**

Holy Thursday is the Thursday preceding Easter Sunday. It marks Jesus Christ's last supper with his disciples. His act of breaking bread and offering it as His "body" and sharing wine as His "blood" has become an integral part of the Christian mass. It is representative of Christ giving up His life in place of our sins.

## **Good Friday**

Good Friday is also known as Black Friday but should not be mistaken with the post-Thanksgiving Black Friday. It is the day that Jesus had to march to his crucifixion site while carrying an extremely heavy wooden cross. Jesus was mocked, spit on, tortured, and forced to wear a crown of thorns during His journey after being arrested by Judas and then suffering at the hands of Pontius Pilate. After being nailed to the cross at His palms and ankles, Jesus suffered for six hours before He died. Jesus died on the cross for the sins of the people.

## **Easter Sunday**

The holiest day of the season is Easter Sunday. On this day, Jesus rose from His tomb. Mary Magdalene went to the tomb and found Jesus missing. Jesus then approached her and showed how he was again alive. His disciples were shocked at the appearance of his resurrected self, furthering their faith in him as the Son of God.





## SPRING FORWARD

### SPOTLIGHT ON LIFE COACHING

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

**Spring is the perfect time to take an inventory of what you want to "plant"** so you can "harvest" it when it is ready to be "picked". Just like a farmer you must "clear the fields" so you can "plant new crops".

The following are some examples of effective ways to "clear your fields".

Clutter is one of the major blocks from freeing yourself to clear the way for "new" to come into your life. This could be material, mental, or physical clutter.

*Examples:*

*"Mental clutter" is comprised of all the thoughts of what wasn't accomplished, old arguments, negative*

*thoughts of self, etc. It is time to get rid of that kind of thinking so positive thoughts, can take its place. Remember two things cannot occupy the same space at the same time. That was the past, now it is time to forgive, let go and move on.*

*"Physical clutter" It is very freeing to let go of old habits. Think of an old habit you have that you would like to change. For example saying "you know". Practice saying a sentence without say "you know". Keep doing until you don't say it any more. One of my old habits was to head for the refrigerator to get something to eat as soon as I entered my home. It didn't matter if I was hungry or not. I changed this habit by changing my cloths first and then planning what I wanted to do next. Doing this kept me from eating for no reason.*

*"Material clutter" is a big one. Go through all your personal and household items and see what you really use at least once a year. If you haven't used it in a year, it is time to let it go. Holding on to objects can block you from moving forward in many ways. Holding on to "things" could be a sign of low self esteem, depression, and many other emotional problems. If you can't do it alone, do it with a friend. If this proves too difficult for you to handle, consider some coaching on how to let go and move forward.*

It's Spring - go and plant the "seeds" that when harvested will bring you much joy, happiness and prosperity! For more information or help call Cecelia Danas, CLSC, CPFC at 321-794-7550.

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## We Want to Know Contest

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



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

Comments: \_\_\_\_\_

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

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

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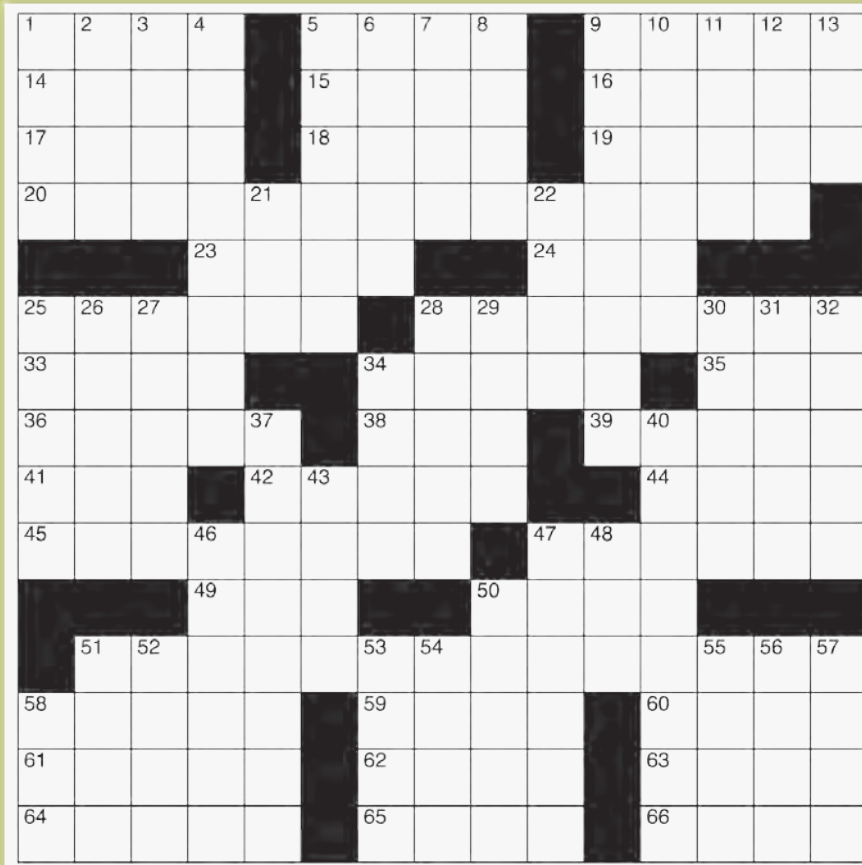
Save A Tree Subscription/Email address (optional) \_\_\_\_\_

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

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

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

# Spotlight Crossword Puzzle



## clues ACROSS

1. Far East wet nurse
2. Apulian seaport
3. Barrel hole stopper
4. Tavern where ale is sold
5. Anew
6. Actor Montgomery
7. Pigmented skin moles
8. Adam & Eve's garden
9. Legislative acts
10. Pit
11. Butter alternative
12. Actor Sean
13. A major division of geological time
21. Hyrax
22. Country of Baghdad (alt. sp.)
25. Repetitive strumming
26. West Chadic
27. Rattling breaths
28. Savile Row tailor Henry
29. Burbot

30. Christmas lantern in the Philippines

31. Utilization
32. Sound units
34. Leg shank
37. Umlauts
40. Female owners of #4 down
43. One who regrets
46. Serenely deliberate
47. Stuck up
48. Cablegram (abbr.)
50. In advance
51. Envelope opening closure
52. Ireland
53. Australian Labradoodle Club of America (abbr.)
54. Poetic forsaken
55. Female operatic star
56. Actor Alda
57. An American
58. Highest card

## clues DOWN

1. Swedish rock group
5. Teen skin disorder
9. An instrument that magnifies
14. Sledgehammer
15. Ran away from
16. Old European silver coin
17. "Rule Britannia" composer
18. Rend or tear apart
19. Oats genus
20. Greater TV resolution
23. Kiln
24. A furrow in the road
25. Family Turdidae
28. Duck-billed mammal
33. German tennis star Tommy
34. "You Send Me" singer Sam
35. Volcanic mountain in Japan
36. Governed over
38. Process of decay
39. Clear wrap brand
41. Put into service
42. Snake catcher tribe of India
44. Best section of the mezzanine
45. Masseur
47. Funereal stone slabs
49. Before
50. Again
51. 1 of 10 official U.S. days off
58. Alternate name
59. One of Bobby Franks' killers
60. Port capital of Vanuatu
61. Individual dishes are a la \_\_\_\_
62. Shellfish
63. Welsh for John
64. Fencing swords
65. Griffith or Rooney
66. Titanic's fate



# Itchy SKIN

by Ann Giganti



Brevard **HEALTH** Alliance  
INCORPORATED

## **"Mom, I can't stop scratching,"**

the young boy complained. Inflamed splotches dotted the inside of his elbows and knees. Another scenario is a young mother scheduling a professional photo session, but irritated scaled patches redden the baby's cheeks. Flare-ups of atopic dermatitis or eczema bother about one out of ten children and teenagers in the United States each year.

Dermatologists advise washing clothes in fragrance-free laundry detergent. Avoid adding fabric softeners. A big culprit is scented dryer sheets. Eliminating use has

restored some youngster's skin to perfect health. Use bath soaps designed for sensitive skin. Some recommended are Dove, Oil of Olay, and Cetaphil. Equally important is careful shampoo selection as rinsing rains it down over the whole body. Suave is one that is less irritating. Another tip is to select unscented lotions. Apply after bathing to trap moisture.

Read ingredient lists. Some kids are allergic to petroleum jelly (the ingredient in Vaseline) or to lanolin. Others are sensitive to the methylparabens in suntan lotion. Temper a flare-up with over-the-

counter 1% hydrocortisone cream. Limit facial application of the product to one week. To lessen the itch, test a spot-application of Caladryl Gel or Benadryl cream and continue as directed if effective.

Concerning symptoms are fever, blisters, pustules, increasing warmth and erythema, or shiny taut skin. A child who has an unusual diaper rash or a rash in an out-of-the-usual pattern whether or not it is accompanied by fever needs an examination by a pediatric doctor or nurse practitioner.



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Saturday 8:00am - 1:00pm

—Continued “Music to My Ears” article from page 15

of programming in schools is private individual or group instrumental or vocal lessons. Another option is to join a church or community choir, band or orchestra. A third option which I highly advocate in order to support music education in schools is to elect public officials who support arts programs and school funding in general.

We have seen by research how much it can improve test scores, but now let’s take a more in-depth look at the numerous benefits music education offers. One important benefit is promoting cultural heritage. Every time we sing a patriotic song, we celebrate the history of our country. In addition, music transcends cultural boundaries and is a universal language. By playing and singing a variety of songs, musicians gain appreciation for other cultures and customs.

Another widely recognized benefit of music education is increased creativity. Music involvement allows young people to be creative and have fun. This can range from crafting an instrument to composing a song to creating choreography to accompany a piece of music.

Yet another benefit to music education is that it promotes teamwork and cooperation. It also encourages perseverance by showing them how hard work pays off and encouraging

them to see things through. Mastering a difficult piece of music gives a musician confidence in his abilities and boosts confidence and self-esteem.

In addition, one usually unwritten benefit of music education is that kids in music learn to take criticism well. Music teachers give constructive criticism to their students to help them improve. A sensitive child may at first take this personally but will soon realize it is necessary to help him/her become a better vocal or instrumentalist.

So in conclusion, keeping all these benefits in mind, it is essential to support music education, both for our own well-being and for that of future generations. I encourage you to become involved in music or encourage a young musician in your life to become involved in music. You may have the next Mozart on your hands. But even if the music that child makes does not leave an impact on the world, it will mean the world to that child.

If you have a young singer in your family and would like vocal training in a small group setting, please contact Beth Green by e-mail at gatorbeth@gmail.com or call her at 321-951-7371. Her class meet at the Henegar Center for the Arts, Downtown Melbourne.

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

A	B	B	A		A	C	N	E		S	C	O	P	E
M	A	U	L		F	L	E	D		T	A	L	E	R
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