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may 2013

# spotlight

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MAGAZINE

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# NEW Dining Experience



**Wesley Campbell was born into the restaurant business.** Watching his parents make jerk chicken and pork, steamed fish, and fried chicken in their restaurant, the call of the culinary arts couldn't be ignored. At fourteen, Campbell entered a cooking competition and astonished the judges with his sophisticated dish, setting the stage for what would become a deliciously eventful career.

Campbell began working as a prep cook at the five-star Half Moon Resort in Jamaica and was quickly promoted to pastry assistant. Struck with Campbell's potential, the resort sent him to Austria for additional training. Soon after, he became head chef. At twenty, he was offered the executive chef position. Feeling unready, he asked them to hire someone from whom he could continue to learn. Always seeking new experiences, Campbell later moved to the Wyndham Rosehall Hotel.

When a friend opened a restaurant in Washington, DC, Campbell left Jamaica for the promise of an Americanized culinary dream. With his help, Montego Bay Café flourished. Campbell continued his culinary successes in DC, working as executive sous chef for the Mayflower Hotel and Georgia Brown's Restaurant and as executive chef for the Georgetown Seafood Grill, before eventually accepting the executive chef position at an upscale restaurant called The Daily Grill. With his help, the restaurant prospered and four additional restaurants were opened in the area, as well as another in Houston, making him Corporate Chef to all five restaurants.

Hard work and dedication are the backbone of his successes. During his career, he has received fourteen gold and six silver medals for his culinary masterpieces and was awarded Chef of the Year in Jamaica. As a testament of his extraordinary gifts as a chef represented his country in the International Culinary Olympic Competition. Campbell was the winner of the Adam Morgan Day Fine Dining Restaurant Competition in Washington,

DC as well as two-time first prize winner of The Sysco Platinum Chef Cooking Competition in the Washington, DC and Baltimore, Maryland area.

In 2005, Campbell jumped at the opportunity to open his own restaurant and launched Mo-Bay Grill, where international flavors are presented in a small-town atmosphere and meals are meant to engage appetites in a delightful experience.

Enjoy a savory breakfast with his huevos rancheros or amazing pumpkin pancakes. Find a tasteful difference at lunch and try the sweetly-spicy jerk chicken pocket, the mouth-watering cob club sandwich, or the grilled grouper sandwich with a succulent sweet onion sauce. Start a culinary journey with the conch or cod fish fritters or luxuriate in the green herbed steamed mussels. For a relaxed, tantalizing dinner, Mo-Bay's menu offers flavorful fresh and tropical seafood meant to dazzle not only the palate, but invigorate all the senses. Awaken the mouth with his red snapper served with an essence of ginger scallion oyster sauce, the perfectly seasoned Maryland Jumbo Crab Cake, or the delectable grilled salmon. Get your greens on by requesting the richly tender Irie vegetable stew atop lentils or the angel hair pasta tossed with carrots and bell peppers in a coconut cream sauce. If you can handle a sweet expedition, order the cheesecake topped with caramelized bananas and rum sauce.

While many of his patrons vow Wesley Campbell's dishes are to die for, the chef maintains the food at Mo-Bay Grill is meant to be lived for.

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to our May issue of *Spotlight Magazine*.

The month of May is a good time to remember how we all got here in the first place. The 12th of this month is Mother's Day, so please take the time to remember your mother, whether she is with you in the present, or is a part of your most cherished memories.

Yes, we all come from different homes and backgrounds and in this day and age, many come from blended families. It goes without saying that motherhood can be an amazing challenge on many levels. Should you find yourself becoming a step mother, or acquiring a step mom yourself, please allow growth in your new relationship. You just may discover a new and lasting friend.

Speaking of mothers, the end of the school year is wrapping up. Many moms and grandparents will become even more involved in their youngsters' lives for the next few months. Try spending some quality time with the little ones. The television and video games are good in moderation, but playing and interacting with your children is what will be remembered for a lifetime, not only by them, but you as well. Keep in mind that your kids and grand kids are only little for a short time. Before you know it, they will be all grown up; so make the most of the time you have with them today.

On a final note:

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Until next month,

Bryan McDonough

Publisher, *Spotlight Magazine*, Inc.

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## DREAMS...

by Jim Campbell, First Baptist Church of Melbourne

**We all have dreams... that's no startling revelation.** It might be to become a ballerina or a pro sports athlete or a champion in some area of life. It's usually tied to something we value, or something that we suppose will net us that value. For me, as a kid, it was to be 6 feet 6 inches tall and play small forward for the Philadelphia 76ers (at the time, that's what Julius Erving was and he was who I wanted to be.)

Dreams move us and motivate us. In the Bible, a verse in Proverbs states the power of dreams by saying that a dream fulfilled is a tree of life. They cause us to reach higher than our status...or do they? The truth is that our dreams very much determine exactly what we are supposed to be. I find it funny that many Christians, who know the Creator, are surprised when someone suggests that what gives us the most energy might be exactly what we should be doing. We have such a misconception of God as the God of denial, when God is the Father who knows how to give good gifts to His children. We expect God to say something like "Hey, you like this...I don't think so..." The fact is that the Jesus came so we could have life and have it to the fullest. A poorer English, a more correct translation of that verse from the Greek would be "more and better life than you could ever imagine". So, why do so many go unfulfilled?

The problem comes with our vision of what brings us the greatest pleasure...it's usually wrong. Think of a picture that's out of focus. It looks like a lot of things and the more out of focus it is, the more things it looks like. Most of the time, our dreams stay out of focus and we either wander from thing to thing in a trial and error search or settle for something that's "close enough". Unfortunately, the only thing that can bring it into total focus is to be as close to the Creator as possible. The closer we are to Him the more in focus our dreams become, the more our purpose is realized, and the greater your chances of plugging into the tree of life that is a dream fulfilled..

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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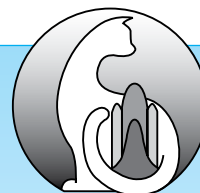
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Spay/neuter clinics are only for feral and abandoned cats. This number is  
not for calls to relocate or find homes for cats being given up for adoption.

# Tips for Women Juggling a Family and a Career

**The days when single income households were the norm are long gone,** as nowadays both Mom and Dad must work in order to make ends meet. That reality has left many women juggling the obligations of motherhood with the obligations of a successful career.



Such a juggling act is seldom easy, and many mothers find themselves neglecting one obligation for the benefit of another. The following are a few tips to make balancing work and family a little easier.

\* Share the responsibilities. While the days of the single-income household may be a thing of the past, many of the conventions of those days remain. Women may still feel the responsibility to cook family meals, clean up after the children and make it to all of their children's sporting events or other school-related events. But those responsibilities should be shared so women can ensure they're giving both their careers and families the attention each deserves. Devise a schedule where both parents tackle such responsibilities equally so each parent knows when they have some wiggle room. For example, if your husband routinely cooks on Tuesdays, then you know you won't need to rush home on Tuesday night and you might be able to stay at the office a little later to work on a project or catch up on work. Such sharing and scheduling can considerably reduce the stress of juggling a family and a career.

\* Exercise daily. Juggling a family and a career is often stressful, and stress

can have a very adverse effect on your health. Women with high stress levels are more likely to suffer from depression, anxiety and cardiovascular disease. But the American Psychological Association notes the positive impact of exercise as a means to alleviating stress, citing studies that have shown that physically active people have lower rates of anxiety and depression than people who are sedentary. It's easy to become irritable when stressed, and no mother wants to be irritable in the presence of her children. Incorporating exercise into your daily routine is a great way to alleviate the stress of juggling a family and a career, and you can even incorporate your family into your exercise routine, going for nightly walks after dinner or playing with your children in the yard.

\* Stay involved with your child's school. Many mothers find staying active with their children's school is a great opportunity for them to bond with their kids and keep abreast of developments at their school. Such involvement can be minimal, such as attending a monthly luncheon with kids or agreeing to be a chaperone on one or two class trips per year. Such events are typically scheduled months in advance, so you should have ample time to arrange a

break from the office without neglecting your professional responsibilities.

\* Take advantage of work-from-home policies. As technology has advanced, many companies have become much more lenient with regard to employees working from home. If your

company allows you to work from home, even if it's only once per week, then take advantage of that offer. This can provide more time with your kids, it will likely save you money on childcare, and you are certain to appreciate the opportunity to skip your daily commute, even if it is only once a week or a couple of times per month.

\* Plan ahead. Looking ahead is another way to make juggling a family and a career easier. Plan meals in advance to cut down on preparation time when it's your night to cook. This can involve placing foods in a slow cooker in the morning or preparing part of the meal in advance so it's ready to go in the oven the moment you arrive home.

Another way to plan ahead is to look at kids' school schedules and plan trips during the school year when school won't be in session. A three-day weekend is a perfect opportunity to plan a getaway to a nearby locale where the whole family can relax and reconnect without the pressures of daily life.

Juggling a family and career is not always easy, but there are ways that today's mothers can raise a happy family and still have a successful career.

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# Follow Your **Heart** to a **Life OF Significance**

by Michele Black

**A life of success is measured by things you have achieved,** possessions you've obtained, or something you have become. Success is often summed up by adding up the things you didn't have when you first started out.

In stark contrast to a life of success, a life of significance does not require any external material landmarks. It is not at all about what you have gathered for yourself, but rather, what you have given to others.

Perhaps celebrities are the easiest example of this concept. Their success is calculated by how much they earn at the box office or their sports achievements, but their significance is determined by how they make others feel.

Your choice to give to others, or lead a life of significance, can be extremely fulfilling and rewarding. It means that your legacy can live on for 10, 20, 30 years, or even longer. Your legacy can be personal and go to your family. In fact, we are now entering the season of graduations and weddings, which is a perfect time for thoughts of such gifts. Imagine the powerful impact you can have when you give your legacy to a young person, who is just graduating from high school or college. It is a present for their future.

Denwood B. Parrish has been fortunate enough to live a life of success. After 37 years in financial services, he is also no stranger to

a life of significance. Much in the same way that his family's pine forest in Georgia quietly grows seedlings into towering pines that weather all manner of sunshine and storms,

You, too, can begin leading your life of significance. And it does not have to end with your family or even include them. You might be attracted to creating an annual endowment



Denwood has quietly grown his business, and has now turned his focus to growing a winning team of professionals aimed at providing world-class service for his clients.

His roots lie in his desire for peace, and his passion is helping people and giving back to the community. Many years ago now, Denwood began his career by serving in the Peace Corps in Ghana, West Africa. Today, he and his wife Linda are still very active in missionary work and have served and continue to serve in Louisiana and Haiti. Together they are the kindest, most generous, and giving couple you will ever meet.

for your alma mater, church, or other organization, which played an important role during your life. There are many vehicles which can help you arrive at your goal.

If giving to others and leaving the world a little better than you found it appeals to you, you might want to sit down, have a heart to heart with Denwood and his team, and learn about the different options available to help you follow your heart.

Michele Black is a marketing consultant who specializes in the financial services industry. You may reach Michele at 321-474-8121 or [penandink@cfl.rr.com](mailto:penandink@cfl.rr.com).

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# Dana's Cupcakes AND MORE...

## Love and Family are the main ingredients for Dana's Cupcakes and More.

Dana Biggs has been baking confections since she was 3 years old. Using an Easy-bake Oven and Jiffy Cake Mix was a joy for her as a child. Dana grew up in a household where cooking and baking were a passion. Dana took interest in what her mom was doing and began to bake a little herself.

Both of her parents were an inspiration to Dana which led her and her family to open Dana's Cupcakes and More, located at 2000 Palm Bay Road, Suite 5. Dana's Cupcakes and More is well known in Brevard County. She has been a participant in several local events.

Dana loves to see a customer enjoy her delightful deserts, from cupcakes to cookies, to candy and more. Customers always recognize Dana, no matter where she is, and call her the "Cupcake Lady," which puts a smile on her face.

Dana's Cupcakes and More has a variety of goodies, from a jumbo cupcake to a king sized cupcake, which is actually a mini cake. The flavors are awesome, from vanilla to maple barbecue. Dana does not make just your average cupcakes, she loves to make strange and unusual flavors.

During the month of May, Dana's will be celebrating a one year anniversary. So stop by or call and see what they have to offer daily.

Dana states that all honor is given to GOD.

Dana wants her customers to remember her baked goods are made fresh daily and that there is FAVOR IN THE FLAVOR!





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HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!



## SUMMER IN THE WORKS...

### SPOTLIGHT ON THE ARTS

by Pam Mankowski

**Stage 1 Stars staff has been really busy planning for a different kind of summer theatre experience.** While most of the theatrical training classes will be continuing throughout the summer, we will be adding two separate fun and exciting workshops.

First, join Evanne Floyd in The World of Shakespeare Summer Theatre as her students delve into the world of William Shakespeare with his fascinating and enduring characters. Each teen student will get to choose one character to explore and study throughout the summer as we prepare a final performance of scenes and monologues in the Henegar Center of the Arts Black Box theatre Upstairs at the Henegar. More than simply learning the language of Shakespeare, students will have the opportunity to learn more about his life and the times that influenced this most influential of English writers.

Activities will include authentic historic crafts along with some more modern projects, early European dancing etiquette and dances done during the time period; field trips to meet local groups who pursue the activities described in Shakespeare's

plays with opportunities to interview local experts; stage combat: melee and brawling; historical costuming, games, and acting!

Class size is limited and open to grades 7 - 12 so contact Evanne Floyd at [evannefloyd@gmail.com](mailto:evannefloyd@gmail.com) for information and take a look at EvanneFloyd on Facebook for pictures and the latest information.

**SUMMER SHORTS: STUDENT FILMMAKING WORKSHOP** instructed by FSU Film student Nicole Machon will . This workshop is the perfect opportunity for young filmmakers to learn the basic skills to direct their own short film. Included in the class will be screenwriting, directing, cinematography, acting, guest speakers - professionals in the field and more.

The workshops will meet twice a week, either Monday and Wednesday or Tuesday and Thursday for the month of June

(June 3 - 27, 2013) and repeat sessions in July (July 1 - 25, 2013). Classes meet from 1:00 - 4:00 p.m. The workshops culminate with an award show on June 28th and July 26 with the student films for an invited audience of family and friends. Each filmmaker will receive a DVD with behind the scenes features.

No experience is required and all filmmaking equipment will be supplied. Check out **SUMMER SHORTS: STUDENT FILMMAKING WORKSHOP** on Facebook and contact Stage1 Stars for registration information at [stage1stars@aol.com](mailto:stage1stars@aol.com).

Don't forget - for summer theatre workshops and on-going theatrical training classes, call me at 321-543-0705 or contact me by e-mail at [stage1stars@aol.com](mailto:stage1stars@aol.com).



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## SPRING CLEANING? PROTECT YOUR BACK!

### SPOTLIGHT ON THE CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

The beautiful blue skies and warm temperatures of spring often motivate us to open the windows, let the fresh air in, and give our homes a thorough cleaning. Be careful though, household chores can sometimes literally be a pain in your back. Even common cleaning activities, such as loading and unloading the dishwasher, washing dishes, scrubbing the bathroom, and vacuuming the floors, can cause back strain resulting in anything from mild discomfort to debilitating pain.

Fortunately, you can lessen your risk of injury by making sure you are using proper form while cleaning. It also helps to take plenty of breaks and to do a little each day instead of one marathon session.

One of the most important things you can do to protect your back is to always make sure you use good body mechanics while lifting heavy objects, such as a bucket full of soapy water or a heavy vacuum cleaner. Make sure to always bend at your knees rather than your waist, and always keep the item you're lifting as close to your body as possible to reduce



back strain. Also, make sure you are facing the object you are picking up (rather than twisting while you lift), and if you need to place it to the side of you, turn your whole body to face that

direction before bending your knees and setting it down.


#### ADDITIONAL TIPS TO HELP PROTECT YOUR BACK

Whenever you need to stand for an extended period of time, see if you can find a way to lift one of your feet a little higher than the other one, and then periodically alternate. For example, if you are washing dishes, you can open the cabinet below and rest your foot on the ledge to reduce back strain. (Cashiers, and other people who stand all day, often find this little trick invaluable.)

When vacuuming, transfer your weight back and forth between your front and back feet, using your body weight to propel the vacuum as you lunge. Also, periodically switching from one hand to the other helps to keep your muscles working in a more balanced manner, reducing back strain.

Don't overdo it. As mentioned earlier, spread out your chores throughout the week, doing a little at a time. Similarly, if you have a lot of dishes to do and notice that it tends to aggravate your back... only do half and let them dry in the dish rack while the others soak in hot soapy water, finishing them later.

If the pain continues for more than a day or two or if you experience numbness, tingling or any weakness in your extremities, see your chiropractor. Your Doctor of Chiropractic is an expert in spinal health and can help identify and treat your problem.



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## SAY WHAT? ¿DECIR QUÉ? SAY WHAT... DECIR LO QUE

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

**When Pastor Ruben joined our ministry team two years ago**, I thought it would be a good time to brush up on my Spanish. Granted it has been a few years, but since I had taken four years of Spanish between high school and college, I didn't anticipate any real difficulty. I downloaded a few apps where I could study vocabulary words, learn their meaning and correct pronunciation. The app gave several paragraphs with each lesson to translate using the vocabulary words I had learned. After several months I was ready to use my new language skills. From the responses I received, it was pretty evident I had either used the wrong word or even



worse... badly pronounced it. (Thanks to my bilingual friends for not letting me embarrass myself too much.)

I was sharing my frustration with not grasping the language. Apparently I had forgotten (or never really learned to begin with) more than I thought. That day over coffee, pastor Ruben taught me something I hope to never forget. He explained that unlike English, where one word can mean several different things depending upon the way it is used in a sentence, Spanish seems to have a word

for everything. Using the wrong word (even though it may translate by itself the way you want) completely changes the meaning.

Then he said: if you really want to learn Spanish, you have to think in Spanish.

I'm pretty sure I didn't hear anything else he said at the moment because my mind immediately raced to a passage of scripture:

*Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.* (Philippians 4:7, 8 NLT)

I think what that says is that It is not enough for us simply to be a Christian. We must also think and act in a Christian manner. A Christian's attitudes and actions must flow from the Scriptures. If you are going to be like Jesus ...you have to think like Jesus.

Melbourne First Church Of The Nazarene

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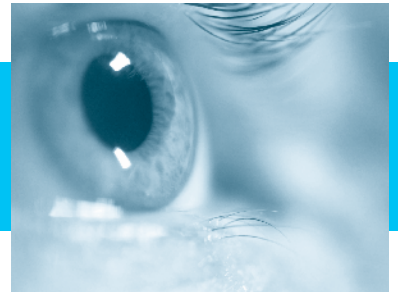
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# Are Eye 'Floaters' Dangerous?



**Dark spots, specks, “webs,” and other shapes that seemingly dance around** in a person’s field of vision are often referred to as “floaters.” Such floaters are typically harmless, but there are instances when they can be indicative of something more serious.

The perception of floaters in the eye is called myodesopsia. They are particularly noticeable when looking at a light-colored background, such as the sky.

## What causes floaters?

Floaters are formed when very small pieces of the eye’s gel-like substance, called vitreous, break loose in the inner back portion of the eye. Vitreous is the part of the eye between the lens and the retina and contains a clear jelly called the vitreous humor. The vitreous has a gel-like consistency initially, but as a person ages the vitreous begins to dissolve and liquefy. Some of the undissolved gel particles can break off and float around in the more watery center of the vitreous, forming floaters.

Shadows from the floating particles, and not the debris itself, are what you actually see in the eye. As light passes through the eye, shadows from the particles are cast onto the retina. They seem to move around in the eye following the rapid movement of the eye.

## When should I be alarmed?

Most eye floaters are quite common and not dangerous at all. However, consult an eye doctor if the floaters interfere with your quality of life or impair your ability to read or drive a car.

If floaters suddenly increase or are accompanied by light flashes or losses in peripheral vision, this could be a sign of a serious condition known as retinal detachment. The National Eye Institute offers that a retinal detachment occurs when any part of the retina is lifted or pulled from its normal position at the back of the wall of the eye. Left untreated, a retinal detachment can lead to permanent visual impairment or even blindness in a matter of a few days. Surgery is required to seal any holes in the retina or to reattach the retina to the back of the eyeball.

## Prevention and Treatment

Many eye conditions, including floaters, are a hereditary condition. If someone in your family is prone to severe eye floaters, there is a good chance you may experience the same. However, taking some precautions can help improve eye health and reduce your risk of developing floaters.

- Avoid excessive rubbing of the eyes.

- Do not sleep face-down where the eyes will be rubbed in sleep.
- Recognize some medications carry side effects that can affect the eyes. Talk to an optometrist about medications you take and discuss potential alternatives.
- Avoid risky sports. Head and eye trauma can lead to new eye floaters. Blows to the head and face can cause vitreous material to detach.

If you have floaters that are dense and numerous, a procedure called a vitrectomy may be recommended. This procedure removes the vitreous gel along with the floating debris, replacing the gel with a salt solution. A vitrectomy is a potentially risky procedure, so it’s often reserved only for those suffering from severe floaters.

Experimental laser therapy to dissolve the floaters is another potential treatment option, though this procedure is still being studied and isn’t widely used.

Most floaters are left untreated, and patients are advised to simply live with them and learn to cope.

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"You've raised some pretty interesting questions..."

"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,**

**Forty-seven years ago, I dedicated my life to Jesus and accepted Him as my Savior. I believe in spreading the Gospel, growing in faith and knowledge, and helping others to do likewise. If you wouldn't mind, I have a few questions for you.**

**1. Why do Christians put three magi at the manger scene when the 2nd chapter of Matthew tells us the magi went into the house and worshiped Him, only the shepherds went to the manger?**

**2. Why do Christians say "Happy Easter?" Easter is the updated name of a pagan goddess. Jesus said that He is the resurrection and the life; so I say, "Happy Resurrection Day" and people think I'm weird.**

**3. Why is His birthday celebrated on December 25th? From my research, I learned that the Romans celebrated one of their god's birthdays on this day.**

**4. The Roman Catholic Church admits changing the Sabbath from Saturday to Sunday. Before accepting Christ, I went to the Synagogue on Saturday; but on Sundays, I went to the Catholic Church (because of the Catholic side of my family.) I worship Him everyday, but I've been told by pastors I should worship on Sunday—why?**  
—Arthur of Palm Bay

Dear Arthur,

You've raised some pretty interesting questions, and kept me busy researching answers (smile.) Throughout the years, we've been exposed to numerous depictions from artists, authors and Hollywood screen-play writers. They've all taken certain creative liberties; unfortunately, after years of exposure to these discrepancies, many believe them as factual. In addition to the magi (wise men), artists typically display Christ's crucifixion with a nail in the palm of each hand. In all probability, He was crucified through the wrist, because the hands wouldn't have been able to support the weight of His body.

In regards to the Sabbath, it is well documented that the early church adopted Sunday as their day of worship. The Apostle Paul said, "On the first day of every week, each one of you should set aside a sum of money in keeping with his income, saving it up, so that when I come no collections will have to be made" 1 Corinthians 16:2. And in Acts 20:7, "On the first day of the week, we came together to break bread..." (NIV). Most likely they did this because Christ rose on the first day of the week. In the year 321 A.D., Roman Emperor Constantine declared Sunday as the official day of rest for Rome, undoubtedly for the same reason. But I'm with you; I like to worship everyday, because once a week isn't enough for me.

You are also correct about the name "Easter" and the date in which we celebrate Christmas; both have pagan origins. In the early church, Christians were tortured and murdered, by the pagans, for sport. The Roman Emperor Constantine claimed to have had a conversion to Christianity; consequently, Christians were no longer persecuted; however, unless they converted, pagans were. Unfortunately, many converted out of fear and there was no real change of heart, so they integrated pagan practices, idols, etc. into the faith. Whether Jesus was born on December the 25th, or the forth of July, what difference does it make? If God felt the date was important, He would have told us. The important thing to remember is this: as foretold by the prophets, Jesus was born, He suffered and was crucified to free us from our sin—He conquered the grave and rose again—and praise God...He is coming back again! .

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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## SOMETHING THE FAMILY CAN MAKE

### SPOTLIGHT ON COOKING

by Cecelia Danas



**Happy Mother's Day!** This month's recipe is something the family can make Mom for dinner. It is easy, on the healthy side and hopefully she will enjoy. Let me know how you like 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).

#### Sausage Mash Casserole

5 medium potatoes, peeled and quartered	1 package (14 ounces) smoked turkey sausage, sliced (or turkey kielbasa)	1 garlic clove, minced
1/2 cup reduced-fat sour cream	1/2 pound sliced fresh mushrooms	1/4 cup shredded reduced-fat cheddar cheese
1/4 cup reduced-sodium chicken broth	1 cup chopped onion	1 teaspoon dried parsley flakes
		1 teaspoon dried oregano

Place potatoes in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until very tender; drain. Transfer to a large bowl. Add sour cream and broth; beat on low speed until smooth; set aside. In a large skillet, cook the sausage, mushrooms, onion and garlic until vegetables are tender.

Spread half of the potato mixture into a 9-in. x 5-in. loaf pan coated with cooking spray. Top with sausage mixture and then remaining potatoes. Sprinkle with the cheese, parsley and oregano. Bake, uncovered, at 350° for 10-15 minutes or until cheese is melted. Add a green veggie or a salad and you have a easy dinner.

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## **The Wildwood Antique Mall of Melbourne just Celebrated its' GRAND OPENING on April 20th,**

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*Sam Newton, Lisa & Henry Olender*

curtain to lift at a premier Broadway performance, said Lisa. One of the staff said, "Henry and Lisa orchestrated this event



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## SETTING UP FREE WI-FI AT YOUR BUSINESS

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**Making free Wi-Fi available for your guests** a great way to attract and retain customers, especially in restaurants and coffee shops, but if you do it wrong, it can backfire.

The first consideration is to assess whether you have the bandwidth to support extra users, and if so, how many. We have all checked into hotels or gone to restaurants that advertise free Wi-Fi, only to find that it's virtually useless when we try to use it. This poor performance can come from a lack of bandwidth or from setting the public access too low for the number of customers that you want to serve. If you leave your Wi-Fi connection open for anyone to use without an access code, it's virtually impossible to control the usage (and overall performance), so I strongly recommend that you setup access that requires your customers to ask for a pass code.

Also, make absolutely sure that you segment your public access separately from your private wireless network and use strong encryption settings for your

private connections. I recommend turning off the 'SSID broadcast' on your private Wi-Fi network so that your visitors won't even see it show up on their 'available networks' screen.

If you are using a basic consumer grade wireless router, log in to the administrative account and see if it has the ability to have a separate 'guest' access. If it does, only use it if it also has the option to limit the bandwidth used by guests or your internal private users could suffer performance issues.

If you want a lot more control and are comfortable updating the firmware on your router, you can use free third-party packages that add the additional functionality such as bandwidth controls and a 'captive portal'. Captive portals allow you to create a 'terms of service' page that the user must agree to before using your free Wi-Fi connection. It's also a place to add some branding or advertising offers



after the users click on the 'I Agree' button.

A popular open-source option is CoovaAP but understand that open-source means that you

will have to rely on support forums for help and that you will potentially void the warranty on your wireless router. If the firmware upgrade goes wrong, you may end up with a paper weight as well! Configuring your router after the update won't be simple either, so if you aren't at an intermediate level of understanding in-router configuration, I'd recommend staying away from this option.

Another option is to purchase a wireless router designed for businesses, has these features built-in, and comes with support from the manufacturer. You will need to research these types of products online or work with a service company that supports businesses to understand the differences, as the prices can range from \$100 to \$1000.

One last consideration is content filtering. I'd strongly recommend that you think about what you don't want accessed via your free Wi-Fi (adult material, gambling sites, etc.). Not only can you make sure objectionable sites aren't accessed via your network, you can control bandwidth hogging sites (streaming video, etc.), especially if you don't have a lot of bandwidth to share.

I highly recommend that you look at all of the security and content filtering that using OpenDNS will provide your business if you decide to offer free Wi-Fi.

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

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\_\_\_\_\_
5. Who is looking to buy Luxury homes?  
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6. Name the company that just had a Grand Opening in Melbourne.  
\_\_\_\_\_
7. Who is offering straight from the manufacturer furniture?  
\_\_\_\_\_

# Helping a Loved One to a Nursing Home

**Many older men and women find the transition to a nursing home somewhat difficult.** Men and women tend to see a move to a nursing home as a step toward surrendering their independence, and this can be a difficult hurdle for seniors and their loved ones to overcome.

Adding to the difficulty is the fact that many men and women move into nursing homes because their physical or mental status requires the help of a professional nursing staff, leaving family members with little to no recourse when aging relatives protest the move. But there are ways to ease a loved one's transition into a nursing home.

**Keep a positive attitude.** The stress of moving an aging relative into a nursing home can be significant for all parties involved. But focusing on the positives of nursing homes, such as around-the-clock care and daily activities, can help aging relatives look at nursing homes in a new light. In addition, family members who familiarize themselves with nursing homes will begin to see they are often great places for aging men and women to socialize with others their age while receiving the care and attention they need. When discussing the move to a nursing home, focus on these positives and your relative will be more likely to follow your lead.

**Choose a nursing home that's close to home.** One of the more difficult parts of transitioning to a nursing home is the notion that men and women are leaving their lives behind once they move into a home. Choosing a nursing home that's close to home and makes routine visits from friends and relatives possible

nursing home.

**Encourage your loved ones to take some personal items with them.** When moving into a nursing home, men and women must leave behind many of their possessions. This is a simple space issue, as the rooms in a typical nursing home cannot

accommodate a life's worth of keepsakes and possessions. But that doesn't mean men and women have to leave everything behind. Encourage your loved one to bring along some possessions, such as his or her family photos, a favorite chair or smaller mementos from places he or she visited throughout his or her life. Such



enables men and women maintain a connection to their current lifestyle. A home that is miles and miles away from a person's support system can foster feelings of isolation and loneliness.

**Plan trips with your loved one.** Just because an aging relative lives in a nursing home does not mean he or she can no longer travel. If a relative is healthy enough to travel, include them on family trips and outings. This includes more routine events like weekly Sunday dinners, kids' sporting events and other extracurricular activities. The more involved your aging relative are in the daily life of your family, the more likely they are to see the advantages of living in a

items can make a nursing home seem less antiseptic and more like a home.

**Set up an e-mail account for your loved one.** If your loved one still has his or her mental health, then set him or her up with an e-mail account. This allows your loved one to maintain daily contact with family and friends. Many of today's nursing homes provide facilities where residents can access the Internet. If not, speak to the staff and ask if your relative can bring his or her own computer. If your relative will be able to routinely access the Internet, consider purchasing a digital subscription to the local newspaper so he or she can further maintain a connection to the community.

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## USE LINKEDIN FOR ONLINE PRESENCE SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.



**Social Media has given small businesses renewed hope** that they too can compete in the online marketing arena alongside the large national brands. This is good news for startup businesses with little to no budget, as there are a number of options available to begin an online presence without having to invest in a website immediately. You can setup free accounts on any of the social networks and use them as a catalyst for your business to capture some visibility. Of course to be successful you must invest your time wisely and gain knowledge of how to effectively attract and engage quality customers with Social Media.

In the professional playing field, LinkedIn is the best choice of all the social platforms to get started on, especially if you do not yet have a website. It delivers a public profile

where an individual can showcase their specialties, skills, experience, education as well as their services, projects and recommendations. It can actually be used as a 'landing page' and it is indexed by Google, which means if your personal profile is optimized for search you will be found when someone is searching for your business, services or your name.

### **Three simple quick action steps that will maximize your exposure on LinkedIn:**

Insert a simple headshot in your profile, not a company logo; people want to see who they are connecting with.

Customize your professional headline, this is directly underneath your name; you have 120 characters to customize this headline with compelling keywords that define what you do in your industry.

Frequently update your status, this allows your contacts to see what you are up to plus your status updates appear in your contacts network activity stream.

After setting up your personal profile you then want to create your company profile on LinkedIn to highlight your company story and products/services. Adding a company profile assists in expanding your business and is an easy process with a few requirements. You must have a registered, company-owned email domain (not gmail.com, hotmail.com or yahoo.com), so you will need to purchase your company web domain if you haven't done so already and set up your company email. You will also need to verify that you are the official representative of your company to complete the process.

Having your personal and your company profiles on LinkedIn doesn't take the place of a website, but it offers you a professional online presence and the ability to professionally market yourself, your products and services while you are getting started. The opportunities are endless but being open to communication is how you connect with other members and build relationships; this lays the foundation for referrals, business opportunities or introductions. On LinkedIn the key to success is to establish clear goals and ensure that all your actions on LinkedIn work to achieve these goals.

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# Open Platform Hearing Aids Appear Here to Stay

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**With the introduction recently of their new 'Kiss' line of 'Receiver In The Canal (RIC) hearing aids,** Switzerland's Sonova corporation, through their US subsidiary Unitron, has demonstrated their commitment to working the few remaining bugs out of their revolutionary open platform hearing aid systems.

Building on their Era chip platform, their system allows for on-the-spot programming of whatever particular features and benefits are important to the patient at the time. Using their system, a walk-inpatient can be assessed, have their hearing tested, and be fitted with hearing instruments containing just the features important to them at the price point they choose, usually in thirty minutes or less.

Using this gear allows us to have just the right mix of features and benefits needed to serve the vast majority of folks we see

on a day-to-day basis, while not requiring us to keep a large inventory of different equipment to do so. By being able to load whatever programs are appropriate to our patients at the time, we save not only our patient's time, but their money as well.

After introducing their Sona line as the first open platform instruments on the market, Sonova, through their Unitron division, has shown a growing commitment to helping dispensers keep costs down while providing some of the richest features available on any hearing instruments available on today's market.

From a basic, or Essential, program load all the way up to their Pro line, Unitron's Flex system allows me to have just the right features, regardless of when I need them and at a price that keeps us very competitive.

So, if you or a loved one would like to experience just how great the world can sound, give us a call at 321-722-2894 and we'll be happy to set up a free, no obligation demonstration of this or any of the other great hearing care gear we carry.

We not only sell the finest hearing aids available, we service and repair just about any hearing aid made, and have been doing it from the Heart of Historic Downtown Melbourne, Florida from Suite 12 of the Arcade Building at 720 E. New Haven Avenue for over 21 years now.

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

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

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

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

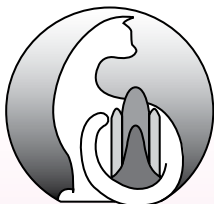
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## Space Coast Feline Network

Friends of feral and abandoned cats

**SCFN is dedicated to humanely caring for and controlling the feral and stray cat population in Brevard County.**

To meet this mission, spay/neuter clinics are held monthly alternating between the South Animal Care Center (SACC) and the SPCA in Titusville. Every 3 months, an afternoon clinic is held at Animal Medical Clinic in Melbourne. Volunteers perform all tasks at clinics except the surgery which is performed by a veterinarian.

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

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

# Community Cat Act Florida S1320

By Michael Mendes

**Caring individuals are growing in numbers and their concerns are also growing. Finally, we are seeing the sentiment being reflected in state government. Florida bill 1320 has passed its first committee, and we are now waiting for it to be ratified.**

### What is S1320? The synopsis for S1320 reads:

"Providing that release of a community cat by a community cat program is not abandonment or unlawful release of the cat under specified provisions; providing that counties and municipalities may enact ordinances relating to community cat programs to curtail community cat population growth; providing that a veterinarian or community cat caregiver who provides services or care for cats in a community cat program is immune from criminal and civil liability, etc."

What it is accomplishing is ensuring legal protection to a caregiver of a feral cat colony, as long as the colony is or has been in a Trap Neuter Return program. This is very similar to provisions that Brevard County used to have for caregivers.

S 1320 also gives legal definition for a "Community Cat". What is the difference between a feral and a community cat? A feral cat is born in the wild or has reverted to its natural instincts; most noticeably; a fear of humans. A community cat is any homeless cat and includes abandoned pet cats, strays and Feral.



**Remember  
now is the pivotal time to  
voice your support to the  
committee members below:**

The Honorable Larcenia Bullard  
[bullard.larcenia.web@flsenate.gov](mailto:bullard.larcenia.web@flsenate.gov)

The Honorable Anitere Flores  
[flores.anitere.web@flsenate.gov](mailto:flores.anitere.web@flsenate.gov)

The Honorable Bill Galvano  
[galvano.bill.web@flsenate.gov](mailto:galvano.bill.web@flsenate.gov)

The Honorable Rene Garcia  
[garcia.rene.web@flsenate.gov](mailto:garcia.rene.web@flsenate.gov)

The Honorable Bill Montford  
[montford.bill.web@flsenate.gov](mailto:montford.bill.web@flsenate.gov)

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Owner Steve Cerqua has expanded his menu of traditional Italian ice and slushies to also include 8 hard scoop ice cream flavors including sudaes, banana splits and gelati (a sweet and tasty mix of ice cream and Italian ice.) Each week, special flavors are rotated into the selection to satisfy every customer's taste. You can pick your serving size to match your appetite, 2, 3, or 4 scoops!

And to add to the special tastes of summer, Stevie's is the only place around where you can get a cooked, natural casing Sabrett's hot dog. (You remember those great dogs... the kind that "snap" when you eat them!) You can order hot dog combos that come with chips and old-fashioned glass bottles of soda, like Coke, Fanta or Sprite.

You don't have to wait till summer is upon us. Stop by Stevie's today, located at 829 Barton Blvd. next to Sunoco and across from McLarty Park, Rockledge.

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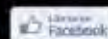
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# MUST-DO SHOWING TIPS

## before you put your home on the market

*De-clutter and remove all personal picture/ photos and collectibles. You want buyers to see the space as something they could own. Too many personal items in a small area can make showings a challenge.*

*New neutral, good quality rugs can help show your house. Remember you are the model home.*

*Re-paint several rooms into neutral colors, if needed*

*Replace and update lighting fixtures. Hopefully you did this for yourself while living in the home, but if not, it adds a nice upgrade making the home feel "newer."*

*Make any small repairs (or big ones if needed.) You don't want to be doing renovations or repairs while the home is on the market. For optimal results your Real Estate Specialist should give you a list of things you can do to improve your home before you go on the market.*

*Purchase matching appliances in the kitchen for a balanced, finished look.*

*Move furniture to show the rooms to their best advantage, including moving very large furniture out of room to give them a more spacious feel.*

*Incorporate decorative details that help give the house an inviting, finished feel.*

### **Top 10 worst home-showing offenses.**

Don't let one of these common showing mistakes cause you to miss out on your house being sold.

#### **Leftover home owners.**

Don't leave pets behind. Try to take your pets with you when you know your house is being shown. It can be a distraction, and if the pet is aggressive, clients might not be comfortable stepping foot into the room.

#### **Pets and their messes.**

Don't let one of these common showing mistakes cause you to miss out on your house being sold.

#### **Bad smells.**

A displeasing smell can really turn a buyer off. Cooking smells such as garlic, bacon, or fish are top offenders.

#### **Critters running wild.**

Wild animals and pests roaming around is a sure way to deter buyers.



### **"Planting SOLD Signs All Over Brevard"**

Worms crawling on the floor, bats in the attic are a couple of things you'll want to take care of before the showings.

#### **Odd home makeovers.**

Do it yourself disasters like doors opening the wrong way or unprofessional paint jobs can cause a buyer to turn your home down.

#### **Dirt and clutter.**

Things you want to avoid are dirty laundry piles, unflushed toilets, dishes on the counter or sink, unmade beds, clothes scattered about, soiled carpets, dirty air condition filters and overflowing trash cans.

#### **Personal information left in plain**

##### **sight.**

Buyers are nosy. Try to keep personal information put away, out of sight.

##### **Too dark.**

You want buyers to view your house in the best light possible.

##### **Keys missing from lock boxes.**

This is a sure fire way to miss out on a sale. Be sure to get the keys to your agent promptly.

##### **Distracting photos.**

Watch the photos displayed on the walls. Be sure they aren't offensive. Remove family photos. You need the buyer to place themselves in their potential new home.

*If you are thinking of selling your home, I would love the opportunity to get a SOLD sign in your yard. I am a licensed Realtor, specializing in customer service.*



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## WHO IS YOUR STRENGTH?

CCM: One Church, Many Locations

**Do you know how there are some things in life that you have to do,** but you just can't wait for them to be over with? For many people, the entirety of high school was like that. I'd think that colonoscopies, root canals, IRS audits and giving birth would definitely fall into the top ten.

On the lesser side of the spectrum, you might find parent-teacher conferences, annual performance evaluations at work, steam-cleaning your carpets, waiting in line for any purpose, having a phlebotomist poke you repeatedly while trying to take blood, and administering oral medication to a pet (especially a cat) to be more of the same. Some might put visiting the in-laws on this list, but we won't go there.

If I were to survey folks on this topic, I'd likely hear about hundreds, if not thousands, of others, some minor irritations, others truly vile or even heart-breaking. The point is that we all have to sustain ourselves through a variety of things we simply don't want to do or experience. I have used some light-hearted examples to illustrate that the key to bearing unavoidable things is endurance.

In Romans 5:3-4, the Apostle Paul writes, "We rejoice in our sufferings,

knowing that suffering produces endurance, and endurance produces character, and character produces hope" and in Colossians 1:11 he also writes, "May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy."

There is a reason that we need to build endurance and Hebrews 10:36 tells us what it is: "...so that when you have done the will of God you may receive what is promised."

You may have observed that earthquakes are becoming much more frequent and much more powerful. Storms, tornadoes and wildfires are increasing. And have you seen the number of sinkholes that are cropping up? Have you ever seen anything like that before? If you put the word "sinkhole" in a search engine and poke around on the web, you'll find that there are many, many more than you'd even realized. There are serious economic troubles across the globe and on the horizon in this country as well. Wars are taking place somewhere in the world every single day. Have you noticed that these things are happening more and more often? Similar to the way that labor pains

# Relax,

Your problems are  
in **My** hands now.

~God

increase before a birth? The harsh reality is that, yes, we are living in the end times prophesied in the Bible.

In Matthew 24, Jesus provides us with a list of trials and events leading up to the Tribulation period. We are told to keep watch for Him, and in verse 44 He adds, "...you also must be ready, because the Son of Man will come at an hour when you do not expect him."

There are difficult times ahead, but we must keep the faith. We will see and even experience troubles, but must endure. James 1:12 reads "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." As for God's righteous judgment in the Tribulation, 1 Thessalonians 5:9 reassures us that He has not appointed us to wrath. We can be certain that the Lord will come and receive us if we remain in Him.

Be faithful and persevere during difficult times. Be strong and endure. Rely on God completely for all things. Psalm 59:17 reminds us that, "You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely."

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# How Moms Can Trim Costs from the Household Budget

**Being a mother is no small task.** Whether a woman is a working mother or a stay-at-home mom who manages the household, the responsibilities that come with motherhood are considerable. And according to a new study, many mothers are taking on even more responsibility, one that has a substantial impact on their family.

According to a poll from Working Mother magazine and Chase Card Services, 59 percent of working mothers say they are managing household expenses on their own. That's nearly twice the amount of working mothers who say they co-manage household finances with their spouses. The study polled more than 800 working mothers in December of 2012 and found that just 11 percent of working mothers left the management of household finances entirely up to their spouses.

Managing a household's finances can be a heavy burden, especially for those women who are trusted to do it on their own. One of the riddles many mothers must solve when managing the family finances is where to trim some of the excess from their monthly budgets. There are several ways to do just that without making drastic changes to a family's lifestyle.

**Hang up on your land line.** Most adults now have mobile phones, and nowadays even teenagers have their own cell phones. So is the land line really worth it, or is it just a relic from a time long ago that now offers a false sense of security should your cell phone be unable to get service or see its battery drained? More and more households apparently feel a land line is a relic, as the U.S. National Health Information study found that, as of June 2012, 34 percent of households had abandoned their land lines and gone fully wireless. That's probably because a land line can cost hundreds of dollars per year, a costly expense considering a family cell phone package may already be costing you a thousand dollars if not much, much more.

**Go to the gym more often.** Many parents find they don't have the time to go to the gym with any consistency and feel like canceling a gym membership is a practical decision. But is it really? Most likely not, as many men and women respond to canceling their gym memberships by purchasing costly equipment they plan to use at home. Such equipment can cost hundreds if not thousands of

dollars, and chances are the equipment won't be used enough to make that investment worthwhile. Instead of canceling a gym membership, resolve to go to the gym more often. Doing so gives you a better return on your investment, and your health insurance company might have a reimbursement policy that cuts you and your spouse a check if you visit the gym 'X' number of times each year. Such rebates drastically reduce the cost of a gym membership.

**Get rid of cable.** This cost-cutting measure comes with a caveat, as it is not necessarily as cut and dry as it seems on the surface. Cable or satellite television providers often lament that they're forced to pay for dozens or even hundreds of channels they never even watch, and that's a legitimate gripe when considering many families pay as much as \$100 per month, if not more, for cable or satellite television service. But in order to save the most from giving up such services, you must make sure your hardware is current. If your plan is to rely on streaming services, you're going to need a receiver capable of streaming video, a television with HDMI connections and maybe even a new wireless router if your current one is a little old and slow. Each of these items can prove rather expensive, and you haven't even paid for a subscription service like Netflix or Hulu yet. If you already have the hardware to handle this transition, then your savings will be instant. If not, you may have to accept a net loss now with a goal of long-term savings.

**End your infatuation with brand names.** Brand names are always going to be more expensive, whether you're buying clothes or groceries. If you aren't willing to end your relationship with your favorite fashion designers, then at least sever ties with brand names at the grocery store. When buying the items everyone has in their pantry, such as flour and pasta, skip the brand names in favor of store brands. Those extra few dollars you save at the register each shopping trip might not seem like a lot, but they can add up to a considerable amount of money over time, and no one will taste the difference.

More and more mothers are taking control of the family finances. When those finances need a little relief, there are many ways to save a few extra dollars without making any drastic changes to the family's lifestyle.



## THE TENDER SEEDLINGS WE CALL CHILDREN

### SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

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

#### It's May, and that means Mother's Day,

which makes this the perfect time to focus on the tender seedlings we call children. Once our seeds have been planted, watered and weeded, it is time to take care of these tender little plants which we want to grow. These little seedlings are our children who are sticking their heads out of the ground for the first time to see their surroundings and wondering how they will survive.

You need to cover your plants during a frost or a bad storm to protect them and keep them from getting damaged. Like those plants, children need protection as well. The care and raising of a child is not easy, since they don't come with directions. There are

many, many books written on the care and raising of children. I am just going to give you a brief check list of things I feel are important to focus on in the care and raising of a child:

1. Love - unconditional love to me is the bonding between a child and a parent.
2. Be the parent:
  - Be strong and say NO when you mean NO.
  - Set boundaries and rules for them.
  - Always keep communications open so they feel they can talk to you about anything.
  - Spend time with them, playing, doing homework, planning sleepovers, etc.
  - Teach them about money, scheduling time, school, and activities. Give them jobs to do. Set limits for them.
  - Encourage them.

3. Get to know their friends. Get to know the friends' families, too.

4. Ask questions.

5. Check their phones, computers, and social media pages to make sure they are using them safely.

6. Teach them about eating healthily.

7. Look for changes in their actions, talk or behavior. This may be a signal something is wrong. DO NOT brush it off. Find out what is going on.

8. Have family meetings to discuss family issues.

Like seedlings, children need tender loving care. Most of all, they need parents that are willing to take the time to teach them right from wrong. It is not easy being a parent. Being a single parent is even harder. I can help call me at 321-794-7550.

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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**

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1. Where did you pickup this issue of *Spotlight Magazine*? \_\_\_\_\_

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

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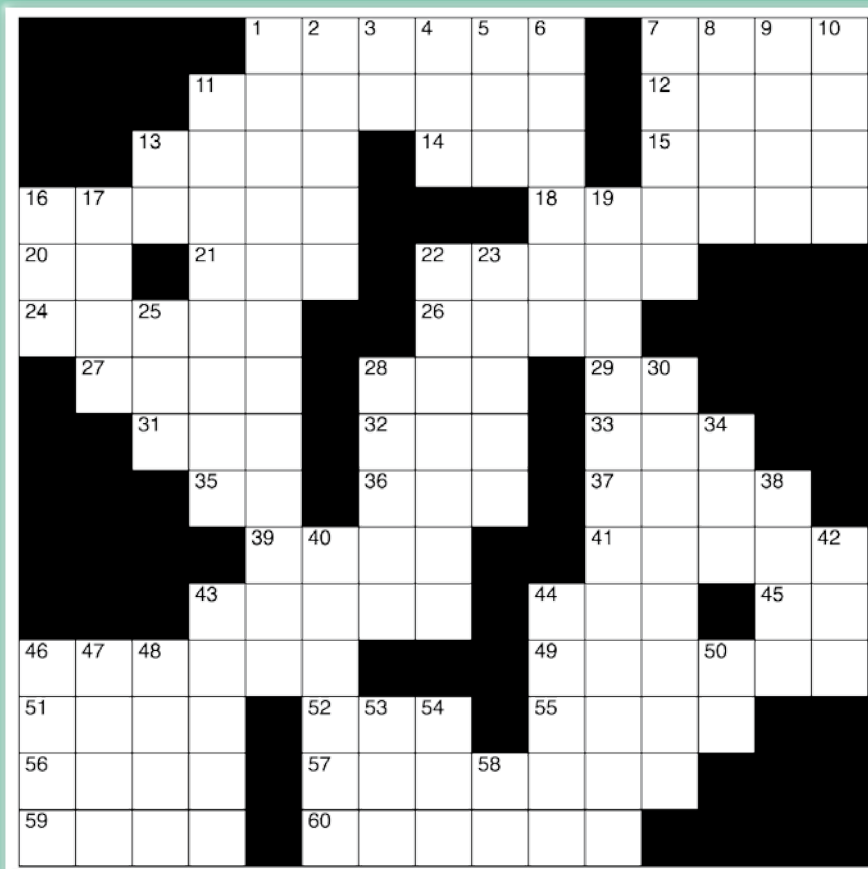
Save A Tree Subscription/Email address (optional) \_\_\_\_\_

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. Our 10 numerals
7. Horseshoe cleat
11. Ear shell
12. Soprano solo
13. Vestments
14. Heart's singer Wilson
15. Set of type in one style
16. Withdraw from work
18. Ancient Hebrew coin
20. Megacycle
21. 26th British letter
22. Colonnaded Greek walks
24. Russian sourgrass soup
26. OK Corral's Wyatt
27. Cheremiss
28. Schenectady County Airport
29. Laptop
31. Actress Farrow

32. NYSE for Murphy Oil Corp.
33. Talk noisily
35. New Testament
36. Tax collector
37. Mediation council
39. Not in use
41. Act as master of ceremonies
43. Skin lesions
44. Stiff bristle
45. Equally
46. Pool dressing room
49. Eyebath
51. Thick piece of something
52. Angry
55. 20th Hebrew letter
56. 3rd largest Colombian city
57. Gum arabics
59. A song of praise to God
60. Dispatcher

## clues DOWN

1. Word shortening
2. Tore down (var. sp.)
3. 22nd state (abbr.)
4. Tropical constrictor
5. Hostelry
6. Examine and expurgate
7. Small restaurants
8. E. Asian anis liquor
9. Infestation of head louse
10. New Yorker film critic Pauline
11. An orange-red crystalline dye
13. Indicates position
16. Root mean square (abbr.)
17. Electronic counter-countermeasures
19. 12-31 greeting
22. Fastens
23. Himalayan wild goats
25. One who overacts
28. Facial gesture
30. Absence of aggression
34. China
38. Older Bridges brother
40. Plays
42. Term denoting psychic abilities
43. Oral polio vaccine developer
44. Any habitation at a high altitude
46. Hyperbolic cosecant
47. Russian mountain range
48. An aromatic salve
50. Venezuelan fashion designer initials
53. Highest card
54. 5th son of Jacob
58. Music storage device

answers on page 44

# IMPORTANT CHANGES in Women's Healthcare Recommendations

by Summer Bartholomew, MD, FAAFP



**Regular women's health care is an important part of staying healthy.** Pap smears look for abnormal cells on the cervix that could be pre-cancerous or cancerous. Getting regular pap smears helps save lives by preventing deaths from cervical cancer. All of us, patients and providers, are used to doing pap smears every year. A big change in how we screen for cervical cancer is that the length of time for screening has been extended from one year to three years. Why the change? The medical community looked at all of the data from many years of pap smear screening and found that doing pap smears every three years prevents just as many deaths from cervical cancer as screening every year and puts

women through a lot less exams and procedures. All of the major women's



health organizations agree that pap smears can be done every three years from ages 21 to 65 years old. If you have had a hysterectomy you might not need pap smears anymore so discuss

this with your provider. The decision to stop screening at age 65 depends on your personal history of screening, so it is also important to talk to your provider about when to stop doing pap smears. Keep in mind that you can always come in to talk to your provider about women's health issues even if you aren't due for a pap smear. Other important women's health topics include family planning, breast health, and sexually transmitted diseases, to name a few. It is also important for girls to get vaccinated against the Human Papillomavirus that causes cervical cancer. So even if you aren't due for your pap smear, do not hesitate to schedule a women's health appointment to discuss these important issues!

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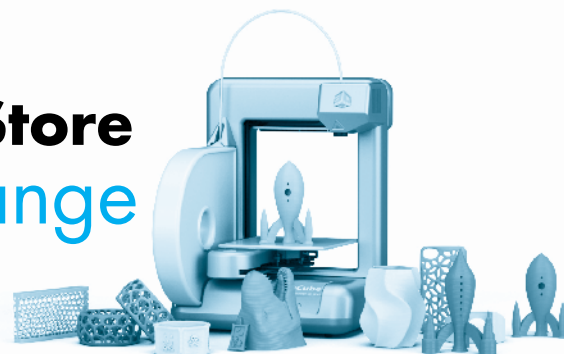
# Brevard's First 3D Printer Store at The Knowledge Exchange

## The Knowledge Exchange is Brevard County's first 3D printer store.

The award winning 3D Systems Cube and the CubeX personal printers are designed to bring creations to life in brilliant colors - right in your home. 3D Printing is not just for engineers and manufacturers anymore. With the ever growing library of downloadable designs from sites like Thingiverse. Com and Cubify.com, a home user can be up and 3D printing in just a few hours. Design programs like Rhino3D, SketchUp, and Cubify Invent also allow novice users to create 3D models using a standard laptop. The 3D Systems Cube Personal Printer is designed for users ages 8 and up. The 3D printer works by melting and extruding a thin thread of plastic much like a highly precise automated hot glue gun. Models are built in layers only 1/10 millimeter

thick. TKE stocks the Cube 3D printers (\$1,275) in 5 colors as well as the print materials (in 16 colors including Glow-in-the-dark at \$49). TKE offers regular training classes on 3D printing with the Cube 3D printers as well as classes on 3D Scanning in cooperation with EMS (<http://www.ems-usa.com>).

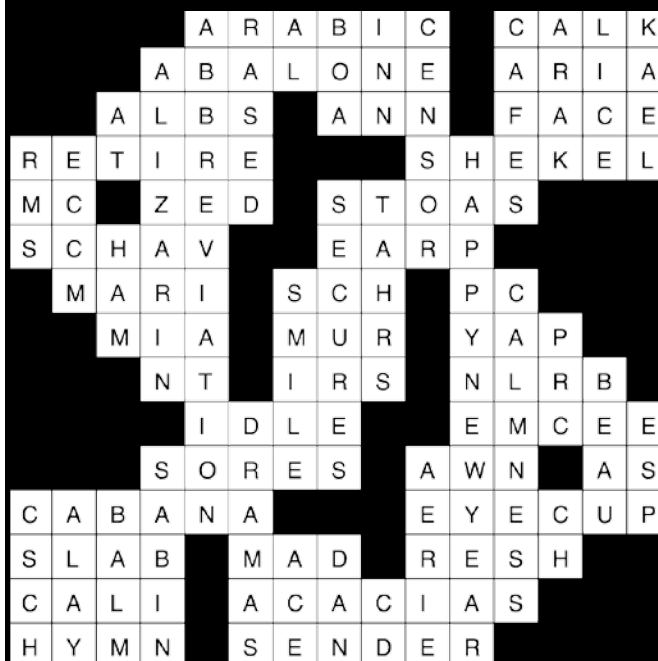
"Ultimately, our purchase decisions will be driven by the accessories that are available to be downloaded and printed. You will also see products available for download and 3D print that simply don't have the market reach to justify entering manufacturing. The 3D modeling and printing industry is where the digital music industry was 15 years ago; poised for organization, consolidation, widespread distribution



and acceptance" – Tim Reynolds, The Knowledge Exchange.

In addition to offering printers for sale, TKE also offers 3D printing services to customers and businesses using the Cube or the 3D Systems ProJet 3510 3D printer. The ProJet 3510 is a commercial 3D Printer that has a print resolution equivalent to an 800dpi printer, except in 3D. It uses the latest in UV-cured acrylic and ABS-like materials. At TKE, the printers are here to see, learn, use and buy. Stop by and see 3D printing in action at The Knowledge Exchange at 5151 Babcock Street in Palm Bay. If you would like more information about The Knowledge Exchange please contact [Sales@TheKnowledgeExchange.com](mailto:Sales@TheKnowledgeExchange.com)

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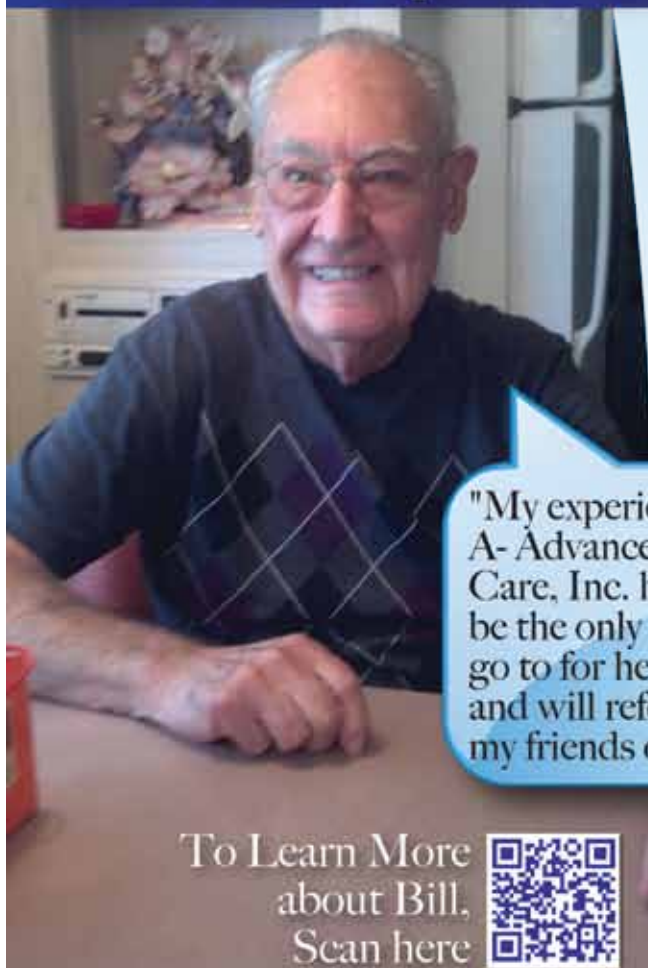
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