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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

While writing my notes from the Publisher's Desk over the past few years, I have shared many of my life experiences, trials, and accomplishments with you. With this October's notes, I again share with you another chapter; this time with deep sadness.

On September 29th, I added another birthday calendar year to my life, while on the same day, the life of my father came to a close.

Our father, like many older parents, had his ups and downs with health issues, and we knew that someday we would be dealing with his passing. We are all too aware that the loss of a loved one is written in the script of life. I am sure that many of you have also experienced the loss of a parent, spouse, relative, or dear friend, and you understand the emotional roller coaster we ride when we are faced with that loss.

For my family today, there is hope, assurance, and a silver lining to all of this. Dad is no longer feeling any pain, and after thirteen years, is together in heaven with Mom. We stand on John 3:16 and know the day will come when we meet our Lord and savior and we will be reunited with loved ones again!

Dad, we love you. Please give Mom an extra hug for us!

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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MY DAD IS BETTER THAN YOUR DAD

by Jim Campbell, First Baptist Church of Melbourne

When I was young, we boys would periodically have a bout of

"My Dad is better than your Dad." We'd throw out some awesome feat... NEVER embellished or exaggerated.. that our Dads did, that was obviously an achievement that clearly made him the "Dad over all". While that was fun (even if it was more than a little bit of perjury if we'd have done it in a court of law), what is cute as kids, often becomes ugly as adults...especially with Christians.

More and more on social media, I see other Christians rolling out some blog or scathing video about "nationally-known pastor" or "those type of churches". It always makes me cringe, because rarely is anyone ever pointing at themselves and their church in repentance. Mostly, it's a finger pointing exercise at the "really bad" Christians over there...that aren't me.

A defining statement like John 13:35 gets thrown away. Matthew 18, Galatians 6 and Proverbs 16:18 are ignored. It's like trying to find the next "sinner" to expose has become the national distraction for what Christians should be doing. If that's you, let me share something with you...you don't have to search for sinners, because we all are and if someone says they aren't, then they are lying...which is a sin.

As a fellow believer in Boston told me recently, "no one ever says that the problem with the church is that we've got TOO many people telling others about Jesus." Like anything else, purpose gets lost in the wake of distraction. What's sad is this rash of stuff rarely produces solution, only division. It is really just an indirect method of pointing to how YOU have it all together...leaving Jesus out of the equation. That type of stuff between Christians really just ends up looking like two second graders, fighting about whose Dad is better. and then you come to find out that they are siblings and the "Dads" they are comparing is the same guy.

Don't seek out the "angry ones" who live to create conflict as your influences. If you see someone caught in a sin, resist the urge to run to Facebook, Twitter or Sunday School to nail them with your cool insult, no matter how famous or wrong they appear to be. I want to do that too, sometimes, but even though it's hard, try praying for them instead. I really fail more than I'd like to admit, but it's always better when I succeed. Spend 1000 times as many words as you ever say about someone in criticism, either in loving restorative (sometimes difficult) words to them directly or in talking to the only One who can ever make a real difference (See Gal 6, Matthew 18, etc..). You might find yourself more compassionate than contrary, or maybe even becoming more "Christlike"...and if that happens, maybe your Dad will, with lack of comparison, brag on you.

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 or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.



"Like anything else, purpose gets lost in the wake of distraction.

What's sad is this rash of stuff rarely produces solution, only division."

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

The organization is always looking for volunteers to help in the following areas:
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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 Swamp" is a **dangerous place**, for your hearing

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care



I recently saw a new patient for a hearing aid repair, who presented with a classic noise induced, moderate to severe, what we call ski slope loss. It was complete with what is known as, the boiler maker's notch at 4K Hz. As this loss was on a nurse about twenty years younger than myself, I was curious about her noise exposure, and how she had gotten her hearing loss.

Expecting that perhaps she was a veteran, exposed to a lot of gunfire, and explosions, or maybe an emergency helicopter flight nurse, or such, as those types of noise exposure often cause such losses, I was really surprised when she told me that she had been exposed to none of that, nor any other recreational exposure, save one.

No, this gal had lived a quiet, protected life, excepting one thing, she confessed that she was a longtime season ticket holder to the Florida Gator's games. She also advised that when she left the games, her ears would ring for hours afterward. She had mentioned the issue with her ENT, but had been told that the sound levels at a football game couldn't be loud enough to cause a hearing loss. Yet, here she was, with all evidence of a noise induced loss.

While it never pays to argue with an ENT, what I was seeing in this patient clearly indicated noise induced loss. My own training in hearing conservation taught that time and intensity of exposure really adds up at higher sound levels. So, I went back to the tables and studies, and did a little research.

The Occupational Safety, and Health Administration, or OSHA, limits workplace exposure, and has tables for safe exposure based on time and noise levels. Their chart tops out at 115 dB SPL for fifteen minutes without ear protection.

Florida Stadium, known as "The Swamp", has had the noise level on their sidelines actually measured at sustained levels of 125 dB during games, which last an average of four hours. The noise levels drop a little below this during halftime, then resumes.

Based upon the best evidence we have, there simply is no safe, unprotected time exposure to the levels of sound found in "The Swamp".

It seems that while we've done a really good job at controlling dangerous noise levels in the workplace, we've turned a mostly blind eye toward a favored

recreational pursuit, football. Clearly, with noise levels literally off the allowable charts, every fan, player, and employee in the stadium, is at risk of permanent hearing loss, from unprotected exposure to even one game.

The lesson, and my message from this, is that your hearing is a delicate thing. Even fabulously fun things, like a Gator game, may hold unexpected dangers for your hearing. Though this type of loss may not indicate immediately, other than with some ringing for a few hours afterwards, the damage has been done, and the loss when it displays will be permanent.

So, don't end up a deaf old Gator! Wear your ear protection when around any loud noise exposure. Or else, you'll be seeing me, or a colleague before your time. Be smart, protect the hearing you have. Please see our advertisement on page 25 of this issue of Spotlight.





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Who is Zeeke & Associates?

If you are currently accepting Visa, MasterCard, Discover or American Express as forms of payment in your business, I have some questions to ask you:

Do you really understand the fees that you pay each month?

Do you know if you are paying too much?

Are you hesitant to believe that there is a legitimate company that will put your best interests before their own?

Allow me to introduce Zeeke & Associates, Inc., arguably the only credit card processing company in Central Florida that truly wants business owners to avoid paying unnecessary fees and to understand how the credit card processing industry really works.

Ralph Golson, the Founder and President of Zeeke & Associates, Inc., is on a mission to bring integrity to an industry that has been running amok for years. "Due to the economy, stockholder pressures, or just downright greed, over the past decade, financial institutions and independent merchant level sales reps have had only one person's best interest in mind – THEIR OWN!" Zeeke & Associates, Inc., on the other hand, marches to the beat of a different drummer.

At a lot of networking functions in the county, it is quite common to hear Golson, with a jovial tone, use the tag line, "I am the most feared and hated credit card processor in Central Florida; that is according to my competitors." With rare exception, Zeeke & Associates, Inc. is not particularly liked by other processing companies' representatives, because Zeeke uses a fairly unique pricing model that TOTALLY ELIMINATES ALL THE JUNK FEES and grey area pricing that other processors are notorious for charging. It is from the junk fees and the over pricing of services that other processors make huge and abusive profits.

With nearly 700 clients throughout the United States, Zeeke & Associates, Inc. employs a volume pricing approach. "By keep our revenue margins extremely thin," Golson states,

"I don't have to constantly worry about recycling my customer base in order to maintain my company's financial objectives. My approach is methodical, but it has proven to be successful. I am blessed that my phone rings regularly, and a voice on the other end says"

"I was told that I needed to call you because you have the best prices for merchant services in the area."

Zeeke & Associates, Inc. provides credit card processing solutions to some of Central Florida's most well known businesses. For the largest restaurants in the area, to medium sized retailers, to businesses that sell only via an e-commerce website, to an individual artist or crafter who only shows their talents at art and craft shows, Zeeke & Associates has state of the art processing solutions for all.

The latest in the line of processing solutions is ProCharge Mobile. This processing option gives merchants the ability to accept "swiped" credit card payments using their iPhone, iPad, or any

Android device. The ProCharge Mobile card reader is free for all new clients of Zeeke & Associates and the price to accept credit card payments is unbeatable.

"I don't know why any merchant would want to pay a company 2.75% on all transactions, have potential funding delays and never have live customer service or technical support when they could pay as low as 0.15% with 24/7 tech support. ProCharge is definitely the way to go."

If you are an established merchant who would like to receive a Cost Free Savings Analysis of your current merchant services statement or a new merchant needing to establish a merchant services account for the first time, then please call Zeeke & Associates, Inc. today! 321-508-6102



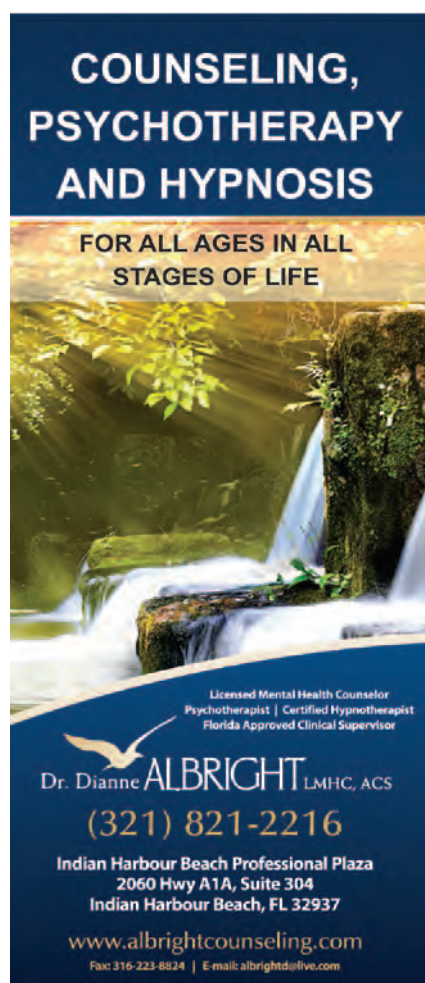
An Unexpected Gift

As I speak to my clients on a daily basis, I have found that when they are able to change their attitudes and thoughts, behavior changes happen quite quickly.

Positive affirmations and favorite quotations can help us make those changes, as do some articles we may read. I would like to share some of these things with you today.

Years ago, I published a short article in the Journal of Humanist Education and Development (June 1994) which I have just recently discovered in one of my "important papers" files. I believe the message is still relevant and it is written for you below.

ABSTRACT: Daily responsibilities crowd our existence and life's simple gifts and poignant lessons often go unnoticed. This article reminds us that we are closely observed in all areas of our lives. We must shake off complacency, take risks, and continually strive to rise to new heights.



ARTICLE:

Yesterday morning as I walked in silence, attempting to "enjoy" my daily exercise, a small black bird presented me with a gift. I watched it hop along from a distance while I struggled with thoughts of insecurity about the responsibilities that lay ahead. The "what ifs" and "should dos" crowded my existence as lists of things to be done that day were prioritized in my mind.

The little bird, once unaware and undisturbed by my



 **Dr. Dianne ALBRIGHT** LMHC, ACS
Specializing in Life Transition Issues

presence, now focused on my approaching moves fleeing only inches from my steps. As it opened its wings and lifted from the ground, I was struck by beautiful crimson and yellow markings previously hidden by closed wings. "I feel a metaphor coming on," I said

to my companion, and she smiled. "No one can see our inner beauty until we open our wings and attempt to fly," I said.

I am often content to walk the safe road, knowing the fear involved in taking risks and rising about the known to new challenges, as I go about my daily life. When danger approaches, I often run and hide safely from intrusions of the unfamiliar.

Perhaps, like that bird, by merely opening my wings, I may inspire and manifest my inner beauty to others. Yet fear of failure often keeps me on the same, familiar path. If that bird had attempted to fly and failed, I still would have been blessed. The beauty seen was not contingent upon its rising up to take flight, but in merely opening its wings to try. Could I, too, try, fail, but still help?

The message from the bird was loud and clear to me. It is not necessary for all to see, and many will not. Yet if even one has been touched or inspired by our oft hidden beauty, we have had an effect.

We are observed closely by our friends, families, and strangers each day. The types of challenges we face and the manner in which we live is noticed, and often imitated. Do we dare to open our wings and take risks? Each time we do, we may or may not rise to new heights, but we do make a difference for someone.

A few of my favorite quotes:

What the chrysalis calls the end of the world, the master calls a butterfly.

-Richard Bach

If you don't like something, change it.

If you can't change it, change the way you think about it.

-Mary Engelbreit

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

-Maria Robinson

Change the changeable, accept the unchangeable, and remove yourself from the unacceptable.

-Denis Waitley

Safe Ways to Trick-or-Treat

What would Halloween be without trick-or-treating? For youngsters, so much of the fun of Halloween involves scouring the neighborhood with friends in search of candy. While children may have their eyes on the sweet prize, parents may be concerned about their little ones' safety.

The United States Census Bureau says that an average of 41 million trick-or-treaters venture out every year across the country, and roughly 106 million homes are solicited for candy and other treats on this holiday. Such a high number of people out on the streets increases the risk of injury, and it can be easy for kids to get lost as well.

According to Kate Carr, president and CEO of Safe Kids Worldwide, a network of organizations geared toward preventing unintentional childhood injury, "Halloween is an important night for parents to be extra vigilant." But Halloween seems to lessen one's inhibitions, and wearing a costume and being hidden from others can encourage some revelers to engage in atypical and unsafe behaviors. To ensure everyone has a safe and fun Halloween, here are some safety tips to follow.

GO IN GROUPS. Children can be accompanied by their parents while older children should be encouraged to trick-or-treat in groups. Should an emergency occur, having a group of friends around enables someone to call for help or alert an adult.

USE A FLASHLIGHT. When trick-or-treating at night, take steps to improve visibility. This includes using reflective tape on costumes and carrying a flashlight or glow sticks so that other pedestrians as well as drivers will be able to see children.

WALK ON SIDEWALKS. Wherever possible, trick-or-treaters should use sidewalks and crosswalks. Avoid walking in the street, where the risk of being hit by a car is considerable. The National Highway Traffic Safety Administration says twice as many kids are hit by a car while walking on Halloween than any other day of the year.



AVOID DISTRACTIONS. Trick-or-treaters should not be wearing earbuds or talking on a phone while trick-or-treating. They should be paying attention to their surroundings and using caution.

DO NOT ENTER HOMES. If an adult or even a youngster whom a child does not know offers entry to the home, the trick-or-treater should not enter. Let kids know they should only enter the homes of known friends, and even then they should only do so after getting permission from a parent.

CONSUME ONLY FACTORY-WRAPPED TREATS. Well-meaning people may hand out cupcakes or marshmallow cereal treats. The ingredients such people used and the safety of these treats cannot be confirmed, so it is best to stick with store-bought items instead.



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ON THE MOVE...

SPOTLIGHT ON THE ARTS

by Pam Mankowski

Wow! What exciting changes the end of summer brought to Stage 1 Stars. The theatrical and vocal training studio has expanded in South Brevard to spread the performance energy to new locations and instructional bases.

August was spent sorting, organizing, packing, donating (and sometimes throwing) the vast costumes, props, scripts, craft materials and set pieces that Stage 1 Stars has acquired over the last 14 years that we have been in business. With the help of the S1S family of actors and parents and friends, we spent August moving into a permanent storage facility and the classes moved to the newly developed instructional sites in time for the fall classes to begin September 3! Our final moving day was helped by the Chi Phi Fraternity, Xi Delta chapter from Florida Tech...thanks to Andrew M., Kevin S., Andrew H., and Randall W. for providing the muscle.

As we bid a fond farewell to the rotating classroom space at the Henegar, we are excited to be offering the theatrical training and vocal training in new directions. One of our new spaces is at 702 E. New Haven Avenue, Downtown Melbourne. This huge space with amazing acoustics has opened up new opportunities for our group.

We also welcome new instructor Payge Whipple to the S1S family. She is bringing her energy and expertise to S1S as we offer a musical production of "The Best Christmas Pageant Ever". Ms. Payge is working with a talented group of 34 singer/actors from age 5 to 19 in order to produce this loving holiday presentation at multiple venues to share the REAL story of Christmas to family, neighbors, and the South Brevard community. With rehearsals held in Melbourne Village and performances planned in several venues (check this column next month for the dates and locations) We are excited to be adding this to our schedule.

After Evanne Floyd's amazing success with the World of Shakespeare Workshop over the summer, we have decided to expand the theatrical training classes to



include an adult class. Over the years, many of our talented actors have gone on to perform in local community theatre productions, commercials, independent films, TV and movies. While the opportunity to perform continues to provide theatrical outlets, there did not seem to be a local source for continued study outside of the academic resources provided

on the college level and in the larger metropolitan areas near here. Ms. Evanne will be offering the new classes in Palm Bay beginning soon.

Beth Green, director of the Stage 1 Stars - Joy of Singing Vocal Training Classes is in her second year of instruction with S1S. She is enjoying the explosion of new talent coming into this group and is looking forward to the December Holiday

Show at the new 702 Downtown location. Ms. Beth is accepting new singers to Joy of Singing this month.

I am enjoying my transition phase into retirement by cutting back on my personal teaching and slowly handing off the responsibilities to my able bodied instructors. Thanks to the talent and skills afforded my associates, I feel the pain considerably less with Evanne, Payge, Beth and Lauren stepping in to let me spend more time as grandma to my OWN grandchildren and exploring the options retirement may bring. I love the energy these young actors provide to me in the few classes I continue to teach and I am glad they are in my world!

If you are in South Brevard and looking for a creative outlet for the actors in your family, please contact Stage 1 Stars for information about classes. Pam can be reached at 321-543-0705 or e-mail S1S at stage1stars@aol.com, and thank you for supporting live theatre productions in this area.



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BACK TO SCHOOL NUTRITION SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

We often hear that good posture is essential for good health. We As a doctor and a mother I want to remind parents of the important role nutrition plays in assuring kids a successful school year. Nutrition and learning go hand in hand. Kids who are nutritionally fit are more likely to have the energy, stamina and self-esteem that enhance their ability to learn. Running out the door with thoughts of seeing old classmates, joining new clubs, participating in school sports and (hopefully!) getting good grades, kids will not be paying much attention to the proper nutrition needed to accomplish all of this.

We have often heard it said that breakfast is the most important meal of the day, yet 35-40 percent of

all Americans skip breakfast. The statistics for children are just as alarming, as many as 48 percent of girls and 32 percent of boys do not eat breakfast every day. Start with a healthy breakfast. For children and teens a morning meal is especially important to prepare them to meet the challenges of learning. Many studies have shown that those who eat a morning meal tend to perform better in school, score higher on tests, have higher school attendance, less tardiness, better concentration and muscle coordination...and kids who eat breakfast have fewer hunger induced stomachaches and are less likely to be overweight.

As for lunch, meals served at school contribute significantly to kids

overall nutrient and energy needs. Do you know what they are eating? School meals are usually regulated through the U.S. Department of Agriculture (USDA). Through USDA guidance many schools are improving the nutritional quality of lunch and designing the meals to supply about one-third of a child's nutrition needs.

Parents can play a role in helping a child choose healthful meals in several ways. Keep the school lunch menu in your kitchen, go over it with your child,



and talk with your child about making choices in the cafeteria line. Get involved and work with school staff to form a parent advisory committee for the school food service program.

If your child prefers to brown bag it to school, let your child help plan and prepare school lunches. When they're involved, chances are they will resist trading their carrots for cookies. Pack meals that are easy to prepare and fun to eat as well as nutritious. A few examples are sandwiches, raw veggies, crackers, string cheese, whole fruit and yogurt or pudding.

Finally, for after-school snacks choose foods that supply needed nutrients that can be missed in meal choices. Stock up with ready-to-eat fruits and vegetables, animal crackers, popcorn and cereal. Your child will appreciate the availability of quick healthy snacks.

Proper nutrition is crucial for social, emotional and psychological development. Teaching children how to eat healthy will enable them to establish a foundation of good nutrition and healthful lifestyle habits that will benefit them for the rest of their lives.



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MEASURE TWICE, CUT ONCE

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

My uncle was more than just a good carpenter, he was a master craftsman. It was partly because of his influence and example, that I developed an interest in wood working. Part of being "pretty good" in woodworking is careful measuring. I can't tell you how many times my Uncle (or Bruno, the shop foreman where I worked in college) would say "Measure twice, cut once." I remember thinking once or twice, seriously, what a waste of time when one measurement would do the job. Now, I'm sure you see this coming, but it's really easy to misread a measuring tape. Continually discovering that your measurement is wrong after you make the cut, not only costs you money but affects job security.

So, if you are going to do any woodworking, the old rule of thumb: "Measure twice, cut once" is well worth the extra time.



When it comes to living, Luke 10:27 offers the best rule of thumb. Surely, Jesus offered this summary of the law many times and in many different forms during his ministry. It may even be that the "expert in religious law" in Luke 10 had heard Jesus and mirrored back

what Jesus had said. Be that as it may, whether on the lips of Jesus or a legal expert, the fact remains that the Gospels provide us with a "measure twice, cut once" guide for optimum living: "You must love the LORD your God with all your heart, all your soul, all your strength, and all your mind. And Love your neighbor as yourself".

Jesus does not go into great detail in this passage about exactly what it means for one to love God and neighbor, but from other passages of Scripture, we learn the rule of thumb that focuses on loving God and loving others serves as a reliable guide for how to live.

Simple to say ... Actually doing this is another story.

"... whether on the lips of Jesus or a legal expert, the fact remains that the Gospels provide us with a 'measure twice, cut once' guide for optimum living."

Sometimes I don't know how to love others. And, sometimes, I know what love requires, but I don't want to do it.

Pray with me: Lord I ask for your help. Help me to remember to live each day as an expression of love for you and for others. When I am unsure of how to act, may I return to this basic rule of thumb; to act in love, even when it is scary, even when it requires sacrifice, even when it is contrary to my inclination.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"The Muslim Jesus and the
Christian Jesus—are
NOT the same."

"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 Readers,

By now, many of you have seen, or heard of, the billboards promoting Islam. It states: "Find Jesus in the Quran." Do not be deceived, the Muslim Jesus and the Christian Jesus are NOT the same and should never be viewed as such. The Islamic position on the identity of Jesus is taken from the Quran and the Hadith. Together, these books encompass the ultimate authority of the Muslim religion. There's vast dissimilarity between the two Jesus'. Although all disparity is crucial and relevant, they're too numerous to list; therefore, I'll finish addressing this subject in the next month's edition. Please share this information with others; and if you'd like, I will be happy to email both issues to you. Please send me a request using the e-mail address listed below.

1. The Bible says, "For God so loved the world, that He gave His one and only Son, that whoever believes in Him should not perish, but have eternal life", John 3:16. The Quran says: "Glory be to him (Allah) above having a son", Surah 4:171.

2. There is no scripture in the Quran or Hadith which speaks of Jesus' love for the world; however, Jesus said, "A new command I give

you: love one another. As I have loved you, so you must love one another" John 13:34.

3. The Islamic Jesus is not fit to be intercessor. "They will go to Jesus who will say, "I am not fit for this undertaking, but you'd better go to Muhammad whose sins of the past and future had been forgiven (by Allah) Hadith Vol.9 Book 93, #507



The Bible states: "For there is one God and one mediator between God and men, the man Christ Jesus who gave Himself as a ransom for all men..." 1Timothy 2:5.

4. According to Islam, salvation is found only through the five pillars: prayer, fasting, charity, pilgrimage and testifying of Allah's oneness. In the Christian faith, we read in Acts 4:12, "Salvation is found in no one else, for there is no other name under heaven given to men, by which we must be saved."

5. The Islamic Jesus is a created being. "He (Allah) created him (Jesus) from dust, and then said to him, Be: and he was". Surah 3:59 The Biblical Jesus is eternal. "I tell you the truth," Jesus answered, "...before Abraham was born, I AM!" John 8:58.

6. The Islamic Jesus is not the Lamb of God who was slain. "...but they killed him not, nor crucified him, but so it was made to appear to them..." Quran: Surah 4:157. The Word of God says, "Look, the Lamb of God, who takes away the sin of the world!" John 1:29.

I've given examples of two entirely different versions of Jesus, one of which is Islamic and the other Biblical. Jesus Himself said, "For false Christs and false prophets will appear and perform great signs and miracles to DECEIVE..." Mathew 24:24. The Biblical Jesus is the true Mighty God, Everlasting Father and Prince of Peace (Isaiah 9:6).

"...choose for yourselves this day whom you will serve...But as for me and my household, we will serve the Lord." Joshua 24:15

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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COMFORT FOOD SPOTLIGHT ON COOKING

by Cecelia Danas



Nothing is more comforting to me than a bowl of my Nana's chicken soup. The childhood memories all come back when I am eating this soup. Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.

Nana's Chicken Soup

1 (32-ounce) container fat-free, less-sodium chicken broth, divided	1/2 cup coarsely chopped celery	1 1/4 cups water
1/2 cup uncooked orzo (I use now brown rice since I don't eat pasta any more)	1/2 cup chopped onion	3 fresh parsley sprigs
2 teaspoons olive oil	1 1/2 pound skinless, boneless chicken breasts, cut into 1/2-inch cubes (My nana would cook the chicken in a different pot. So I don't have to take the meat off the bones I use the chicken breast.)	1 fresh thyme sprig
2/3 cup coarsely chopped carrot		6 cups fresh baby spinach
		1 tablespoon fresh lemon juice
		1/4 teaspoon salt
		1/8 teaspoon black pepper

Bring 1 3/4 cups broth to a boil in a medium saucepan. Add orzo; cook 10 minutes or until done. Drain.

While orzo cooks, heat a large saucepan over medium heat. Add oil to pan; swirl to coat. Add carrot, celery, onion, and chicken; cook 3 minutes, stirring constantly. Stir in remaining 2 1/4 cups broth, 1 1/4 cups water, parsley, and thyme; bring to a boil. Reduce heat; cover and simmer 10 minutes or until vegetables are tender. Discard herb sprigs. Add orzo, spinach, juice, salt, and pepper; simmer 1 minute.

She would always serve this with Italian bread and butter.

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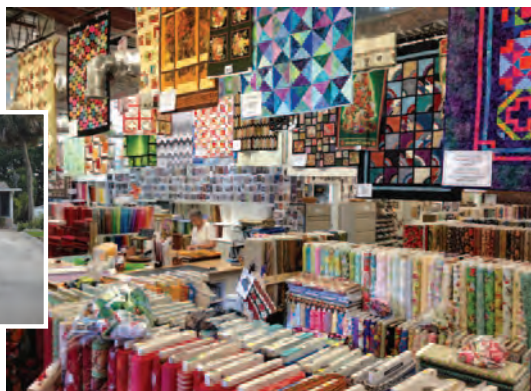
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The Quilt Place and The Quilt Place Retreat Center are two fabulous destinations for quilters and sewists alike. Located in the heart of Brevard both businesses are easy to get to and close to highways from every direction. People from far and wide come to visit on a daily basis yet there are so many more people we would love to introduce to the store and the retreat center.

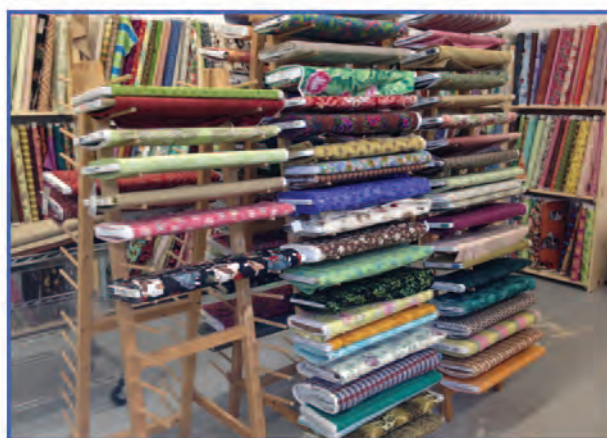
The Quilt Place is an amazing sight to behold. The simple unassuming façade of the 8000 square foot building does not compare to the wonders held within. Upon entering the front door most customers are rendered speechless due to utter awe. Dozens of quilts hang from the ceiling and the walls while the 13,000 bolts of fabric, kits, notions, patterns, books as well as long arm quilting machines overwhelm the senses. This is a quilters' paradise that no one should miss!



The Quilt Place Retreat Center gives quilters the opportunity to socialize, learn new techniques and sew till their hearts content. Several buildings located on the Indian River, off of US 1, in Cocoa make the retreat center unique among local retreats due to its all inclusive facility. It is a quiet place, with tall majestic oaks and lots of sewing room. The pool and hot tub are available for some relaxation and exercise while the sewing room is open all day and night for those who just have to finish that block. Double occupancy rooms keep the guests comfortable with no need to rush, and this frees the creative mind.



Upcoming retreat experiences include a Diamond Star event October, 18-20. You will a dramatic star quilt that looks complicated but is actually simple when you use a special template to guide you along the way. The following months' retreat is entitled San Marco Square and is a paper pieced, 3D, modern quilt with wonderful movement and effect. This retreat occurs November 22-24 which would be a fabulous get away before the holidays begin. Contact The Quilt Place to get more information and updates about these and future retreats. For more information please call 321-632-3344.



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WHY MEGAPIXEL RATINGS ARE MISLEADING

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Digital camera specs on a smartphone can be complex to evaluate for the non-techie buyer and the industry long ago chose to focus on the megapixel rating to simplify marketing messages. But the truth is, having a higher megapixel spec does not make a camera better.

There are two primary benefits to a higher megapixel count: Large format printing and cropping images, which are two things that most smartphone owners rarely do. If you primarily upload pictures to Facebook or another photo sharing site and view them via a computer monitor or mobile device, the megapixel count of just about any smartphone is more than you need.

Images that are uploaded to the Internet generally get compressed, which means pixels are removed to save space and decrease load times. If you primarily view the images on your computer, unless you have a super high-resolution computer monitor, a 5-megapixel image is more than sufficient to provide you with a brilliant full screen image.

If you plan on printing high-resolution images, a 5-megapixel image is also

more than sufficient for very crisp 8x10 prints.

Where the additional pixels can come in handy is when you are photographing something far away. Most smartphone cameras that offer any type of zoom incorporate digital zoom, which is nothing more than an unsophisticated cropping tool. You're better off not using any type of digital zoom with a higher megapixel camera so you can crop it tighter with a decent image-editing program afterwards. In this case, the more megapixels the original image has, the tighter you can crop without major visual impact when you resize the image.

Features that are much more important to the overall quality of a smartphone camera are things like the size of the image sensor and lens, the quality of the optics, and the software on the phone that allows you to make adjustments (such as ISO) while you are taking the picture.

If image quality is really important to you, I'd suggest that you ignore the megapixel rating and focus on the size



of the image sensor first. If it also has a large megapixel rating, all the better. An inexpensive 8-megapixel point-and-shoot camera will generally blow away a 12-megapixel-smartphone camera, especially in low light situations, because the image sensor is substantially larger in a regular camera

The ability to detect and capture light is the single most important function of any digital camera and smartphones just don't have the space for large image sensors and lenses, which is why images shot in low lighting with a smartphone are generally grainy. There are some smartphone manufacturers that are starting to use larger image sensors and lenses on their smartphones, but you often lose the sleek form factor that you may want.

There are actually a couple of reasons why more megapixels could be a bad thing: image quality and storage. In order to satisfy the marketing departments demand for a higher megapixel rating in a thin phone, the engineers have to use smaller individual pixels, which impacts image quality because the pixels are less sensitive to light. Higher megapixel ratings also make each image larger, meaning that all of your storage devices (phone, computer, online accounts, etc.) will fill up faster for something your eye generally can't actually see.

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Local Business Opens its Doors to Community Events



The Knowledge Exchange at 5151 Babcock Street in Palm Bay is giving a gift to the local community that allows non-profits, community groups and citizens to hold their meetings and share their knowledge at a state-of-the-art facility at selected times for no cost. TKE recently announced that they will open their doors on Sundays from 10am to 5pm to allow for free community focused events. Any person, non-profit, business or community group that would like to use the TKE facility to offer a public, free, community event can do so at no cost to them or their organization for the use of the facility space. The only criteria is that it has to be open to the general public, has to be of community interest, and it has to be free. Non-profit organizations

are allowed to perform fund-raising, but no person or organization is permitted to sell products or services.

Tim Reynolds, whose family owns The Knowledge Exchange, said "It is truly a day for the community to serve the community and share their knowledge. It is also a great way for community groups to build their membership base in a safe and fun place." In order to register for Sunday usage, all a person or group has to do is visit the TKE reservation web site at <http://www.tke4me.com> and create a Sunday event. Once the event is verified as qualifying, the no-cost discount is applied. The Knowledge Exchange has 5 meeting rooms that seat from just a few to up to 65 people. All rooms

come equipped with a computer, projector, sound and a white-board. An in-house café is available for catering or refreshments. The TKE facility is also available Monday through Saturday to host general events for educators or businesses. Additional services include event video conferencing, video recording and web streaming.

The Knowledge Exchange hosts over 250 events per month for age ranges from 1 to 100 and spanning a broad range of areas from art to professional development. Questions about booking a Sunday community event or an event for any other day of the week can be sent to Events@TheKnowledgeExchange.Com.

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

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

Apples	Coat	Hibernation	Pumpkin
Autumn	Dormant	Leaves	Sweater
Brisk	Fall	Mums	Wind
Chilly	Halloween	October	

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

OUR WINNER LAST MONTH WAS
Liz Halliwell of Indialantic

Name: _____
Address: _____
City: _____ State: _____
Zip: _____ Phone: _____

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



Space Coast Feline Network

Friends of feral and abandoned cats

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

To meet this mission low-cost
spay/neuter clinics are held
monthly within Brevard County.

SCFN spay and neuters
Over 800 cats per year.

SCFN believes

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

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

Helpline Monitor

Spay/Neuter Clinic Volunteer

Trapper

Foster or Kitten Care

Clinic Transporter

Publicity

Feeder at Mims' Sanctuary

Fundraising

Clerical/Computer Skills

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

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

www.scfntnr.org

Every Letter Helps *By Michael Mendes*

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

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

To: The Indian Harbor Beach Mayor & City Council

October 2013

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

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

could be nothing further from the truth.

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

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

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

Printed Name of Petitioner

Town Resident or State Resident

Signature of Petitioner

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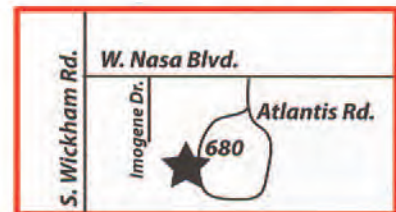
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Maine Isshinryu Karate Academy

What is Maine Isshinryu Karate Academy? First, it is a martial arts academy which teaches traditional Okinawan karate.

We have direct ties to Okinawa and to Master Kichiro Shimabuku, the son of Master Tatsuo Shimabuku, the founder of Isshinryu Karate. Second, we focus on fitness for those not interested in martial arts. Lastly but most importantly, "M.I.K.A. is about people."



Founded in 1984 by father and son, Richard L Pushard Sr. and Rob Pushard, this family run dojo has been teaching Martial Arts to members of the surrounding communities for over three decades. Now known as M.I.K.A. (Maine Isshinryu Karate Academies) in conjunction with Glen Fitzmaurice 5th Dan (MIKA Randolph) Clem Bailey 3rd Dan (MIKA Edgecomb) and Craig Martel Black Belt (MIKA Florida), they have grown to one of the most professional Martial Arts Academies on the east coast.

With over 400 active members, and 45 active Blackbelts, this family orientated dojo is one of the best around. Combining old traditions with modern day education, M.I.K.A. has successfully been able to help change the lives of literally thousands of people.

Today, Isshinryu is taught as a defensive martial art that develops self-defense skills, physical fitness, health and mental awareness. Isshinryu is supported by philosophies that established mental discipline, strong principles and values while developing a powerful method of self-defense. Our philosophy is simple, to better our Mind, Body, and Spirit through Martial Arts Training. We teach life skills to our students that will help them succeed in anything they pursue in life.

OUR STORY

Four years ago our children began taking karate classes. Soon after, Sensei Craig Martel decided to



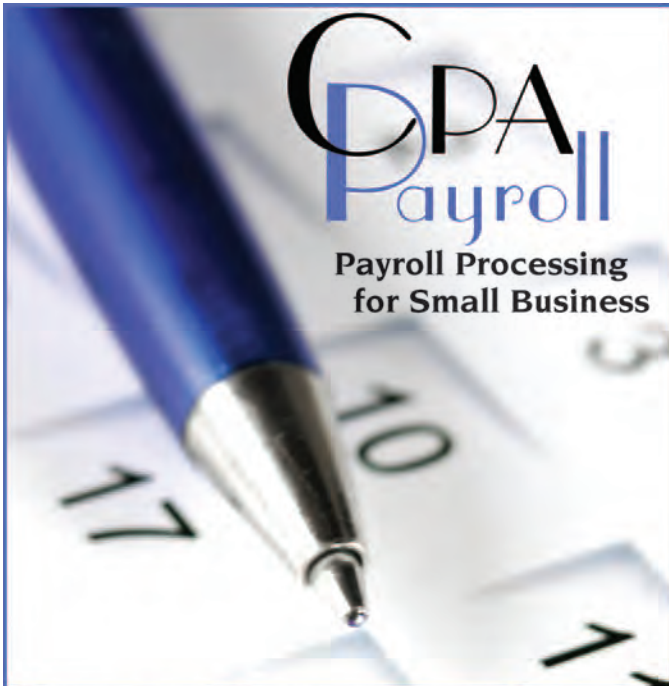
take karate because he wanted to spend more time with his kids. We as a family realized karate was an activity we could do as a family for a lifetime. It didn't take long for karate to go from an activity to a passion and from a passion to a desire to share.

We want to teach people how they can improve their lives on three levels. First the mind, individual mental focus will improve one's self-confidence. Second the body,

they will be healthier with exercise by focusing on their strengths and not weaknesses. Third the spirit, karate is about humility.

We will offer a variety of karate classes for children, teens, adults and families. We offer classes beginning at age 4 years old. Classes will be offered six days a week to allow busy families to attend classes. In addition to karate classes will be offering Zumba and fitness classes.

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Grief **AND** CHILDREN

by Roberta VanDusen, Licensed Clinical Social Worker



Parents face many challenges in raising children; and one of the most difficult can be explaining death.

Adults and children display grief in the same way by crying, getting angry, blaming themselves and not eating or sleeping. However, an adults experience of grief is distinguished from that of a child by the adults ability to separate fact from fantasy. Therefore, it is important to let a child know:

1. They will be cared for (fed, loved, sheltered)
2. They did not cause the death
3. What is happening, if possible, before the death
4. The facts about the cause of death
5. There is someone who will listen to them
6. There will be opportunities for honest interaction and involvement.

The expression of grief is a learned behavior. Our basic knowledge is learned within the family by observing the adults; their response to grief.

A younger child looks for concrete answers that often have to be repeated and repeated. They experience grief in small increments, playing in between. Teenagers seek out a trusted adult. Just by being together, families can get comfortable and talking will follow. Talking helps a child to learn compassion, by feeling anothers pain and patience, by recognizing others do not grieve at the same speed.

There are many resources to help begin a discussion with children about death. Children's literature has several books for recommended reading.

Some titles include: Fall of Freddie the Leaf, The Scar, The Brightest, and What's Heaven. Adults need to preview the book so they are comfortable with the content before reading it with their child. The Internet is a fluid source of information. Local Hospice programs have available competent, compassionate professionals who specialize in children's grief. Locally, there is Bright Star (733-7672) and North Star (269-4240). Parental, adult participation is an expectation.

Utilizing these resources, helps a child grow in awareness that death is a natural, normal event. For parents, it helps to encourage the healing of our children through their grief.

The advertisement for Brevard HEALTH Alliance features a collage of images including children, a doctor, and a patient. The text lists services: PRIMARY CARE, PEDIATRIC CARE, DENTAL CARE, Medication Assistance, and Same Day Appointment. It also mentions Medicaid and Affordable Pricing for Un-insured. The locations are listed at the bottom: B.H.A. Rockledge Clinic, B.H.A. Malabar Clinic, B.H.A. Palm Bay Clinic, B.H.A. Titusville Clinic, and B.H.A. Melbourne Clinic.

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INCORPORATED

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B.H.A. Malabar Clinic
775 Malabar Rd Ste 105
Malabar, FL 32950
Ph: 321-722-8435

B.H.A. Palm Bay Clinic
5270 Babcock St. NE
Palm Bay, FL 32905
Ph: 321-722-5959

B.H.A. Titusville Clinic
500 N. Washington Ave.
Titusville, FL 32796
Ph: 321-268-0267

B.H.A. Melbourne Clinic
17 Silver Palm Ave.
Melbourne, FL 32901
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The Cleveland Clinic Breast Cancer Vaccine Research Fund. OR if you don't need brakes, **bring this AD in for \$25.00
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A WONDERFUL TREASURE

CCM: Together, doing life RIGHT!

I had the occasion to visit with a young sister from my church and her thirteen month old son. I had the occasion to visit with a young sister from my church and her thirteen month old son. He's a cute little goober, amiable and happy, with an obvious enjoyment of bananas, stuffing bits into his mouth as quickly as his mum could hand them over. I especially noticed his flirtatious little baby-tooth smile flashing my way right before he reached out his gummy banana fingers for the laptop that I'd been doing my writing on. A couple of unsuccessful attempts later, I decided that probably I ought to close the lid before he learned to evade his mother's restraint. I'm not sure whether he was seeking a place to wipe those 'nanner fingers, or whether he just has a thing for computers. Maybe both. It occurred to me that I should offer to

teach him to be a nerd when he gets older. That's worked out pretty well for me, career-wise.

Just as I was contemplating this, I learned via unintended experiment, that the almost supernatural ability mothers of young children develop that enable them to anticipate when inanimate objects will suddenly take flight, never really goes away. Even though my children are adults, my own seemingly dormant mommy-sense started tingling, giving me sufficient time to shift to the side just before a Sippy cup sailed over my shoulder and hit the floor. Never mind nerd; I'm thinking MLB.

What I really wanted to do was to take that little guy home with me. At least until he started crying, then I'd give him back. I thought briefly that I could try singing to him if he got upset, but decided that would just make him cry harder.

I really hope that, God willing, this nice little family will have another young'un soon, because I'm not really sure you count as a parent until you have more than one child. You miss the whole "he's looking at me, he's touching me" thing, which really amps up the irritation factor on long car rides. And you can't enjoy the certain fact of one child framing his sibling for his own misdeeds. I recollect my own childhood when none of the kids would admit guilt, so Dad would threaten to punish us all until the guilty party confessed. We knew he'd do it, too, so at that point you'd see three heads swivel around to glare at the offender.



Sibling loyalty was only good up to a point.

Children are a wonderful treasure. Psalm 127:3 confirms this, saying, "Children are a heritage from the Lord, offspring a reward from him." I have no doubt that this little boy's parents are going to raise him up in the Lord, because they are crazy in love with him, and they know that Isaiah 54:13 says, "All your children will be taught by the Lord, and great will be their peace."

Looking around us today, we can easily see the difference between children who are "taught by the Lord" and ones that are taught by the "village"; i.e. no one. So many children are growing up without the godly discipline that they need, (and whether they believe it or not) also want. Proverbs 3:11-12 explains, "My son, do not despise the Lord's discipline, and do not resent his rebuke, because the Lord disciplines those he loves, as a father the son he delights in."

Likewise, as Christians, each of us should be glad to accept God's discipline in our lives, because we know it is done in love. It pleases Him to know that we do not resent it, for, like the Apostle John, He has "...no greater joy than to hear that my children are walking in the truth." (3 John 1:4)

Calvary Chapel Melbourne's

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Who Wants to Be a Millionaire?

Admit it, you watched and dreamed of winning the BIG MONEY. You pursue the American dream and buy into the Madison Avenue hype. The advertising industry wants to keep you in slavery. Sadly, tens of thousands of Americans do just that. Spend now, pay later and pay, pay, pay. Now you can show your kids a way that they can be a millionaire.

Let's do a math problem...

Ben invests \$2000 dollars a year starting at age 19 and after he turns 27 he doesn't add any more money to that savings account. Arthur doesn't invest any money until he is age 27 and then invests \$2000 dollars every year until he is age 65. Who has the most money at age 65?

At age 65 Arthur has a nice little nest egg. He has grown his money to \$1,532,166. He's now a millionaire after scratching and saving \$2000 dollars

a year for 38 years. How did Ben do? Remember he stopped adding any money to his account after he turned 27 years old and only saved for 8 years. Ben however at age 65 now has \$2,288,996 in his account. That's right! Ben wins because he started saving early and let the magic of compound interest do the rest. Imagine what he would have if he would have continued to add the \$2000 a year!

The sad statistics...

19% of Americans between the ages of 18-24 declared bankruptcy in 2001 - USA Today, 2001

The fastest growing group of bankruptcy filers are those people who are 25 years of age or younger - Senate Committee on Banking, Housing and Urban Affairs, 2002

Nearly half of college-age adults (49%) said they believe they are more likely

to become millionaires by starring in a reality TV series than by learning how to budget and save wisely (36%) -Visa USA, 2003

The Bible has much to say about money. Jesus said, "One's life does not consist in the abundance of possessions" (Luke 12:15) and Paul modeled, "I have learned to be content whatever the circumstances" (Phil. 4:11) Teach your kids to save early and don't touch the saving.

Michael Young is a Pastor of CafeChurch located in Rockledge, Florida. You can contact Michael at the church 321 501-7028. office@cafechurchrockledge.com

CafeChurch meets at the Coffeetree Cafe Sunday Mornings at 10:30am and other events throughout the week.



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WOMEN HELPING WOMEN

SPOTLIGHT ON LIFE COACHING

by Cecelia Danas,

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

In 1972 a song came out by Helen Reddy called 'I AM WOMAN'. This song became the anthem for the women's liberation movement. This song for me, personally has always helped me to be strong when things were bad in my life.

Forty-one years later women are dealing with more life issues than ever before. We became that 'I AM WOMEN' but to the extreme. I hear it from friends, clients and family how do I handle all that I have to do. As a Life Coach I want to help women get back into balance and turn their stumbling blocks into stepping stones.

I hope you will take this opportunity to help yourself.

"Women Helping Women" will be a four week workshop in coaching women how to turn their stumbling blocks into stepping stones. Cecelia Danas, CLSC, CFPC, and Advanced EFT Practitioner will be addressing the following issues:

1. How to minimize Stress and Anxiety in the work place and at home.
2. Fear and not feeling good about one's self.
3. How weight is a symptom of other

problems in one's life and how to change.

4. Learning to use EFT (Emotion Freedom Technique) to help in the change process.

Starting Thursday, October 3-24 (5:30-6:30pm) at The Knowledge Exchange, 5151 Babcock Street, Palm Bay, Florida 32905, 321-473-8998.

There is limited seating, so please sign up early. Cost is \$50 for the four weeks. If you sign up before October 1, it will only be \$40. For more information contact Cecelia Danas at 321-794-7550.



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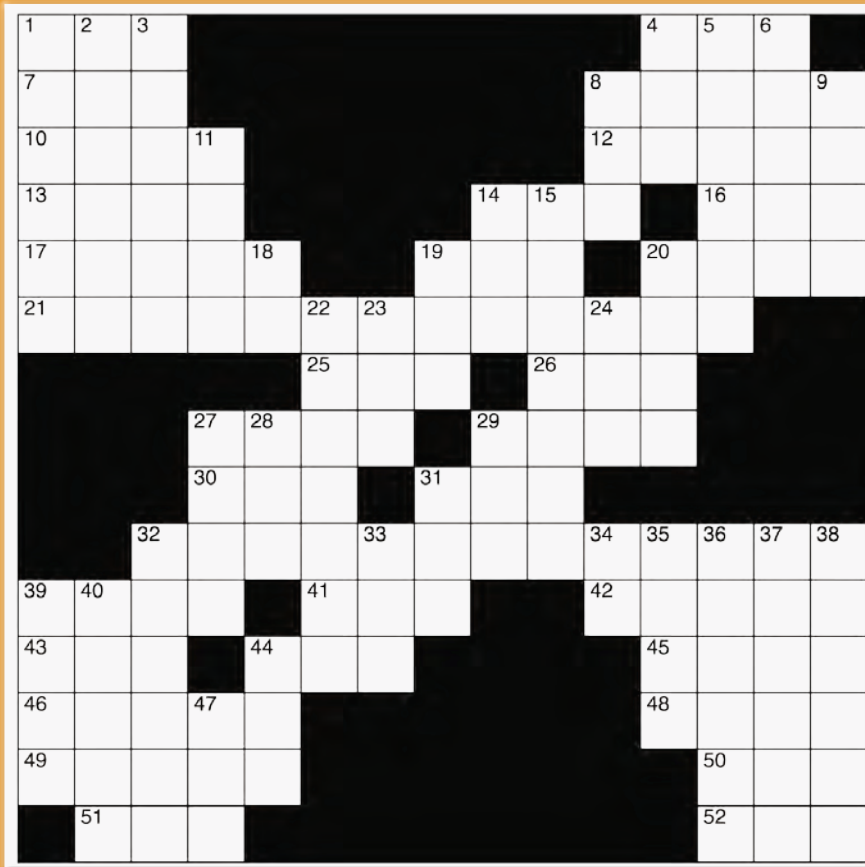
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Spotlight Crossword Puzzle



clues ACROSS

1. Belaya river port city
4. Arbitrageur businessman
7. Leavened bread
8. Exploiters
10. 7 deadly
12. Minimal unit of metrical time
13. 12th Jewish month
14. Our 50 states
16. Fiddler crabs
17. Them in Spanish
19. Texas Gov. Richards
20. Single integers
21. Areas of a city
25. Goat and camel hair fabric
26. Misery resulting from affliction
27. Icelandic island
29. Publisher Adolph
30. Oxalis crenata
31. A major division of geological time
32. Edith Bunker actress
39. Parent organizations
41. Express pleasure
42. Entrap
43. Fabric with a corded surface
44. A food additive to enhance flavor
45. Database management system
46. Betel palm genus
48. Notch
49. Hungarian is a Finno-___ language
50. A right angle building extension
51. Burgh on the Firth of Clyde
52. Owed as a debt

clues DOWN

1. Not visible or perceived
2. A ribbed woven fabric of silk, rayon or cotton
3. Growth rings
4. Volcanic mountain in Japan
5. Rebroadcasts a show
6. A British suspender
8. Fringe-toed lizard
9. Oceans
11. Molten metal scum residue
14. Atomic # 106
15. Mountain peak covering
18. Request for quiet
19. Macaws
20. Lyric poems
22. #8 potassium rich fruits
23. Star Wars' ___-Wan Kenobi
24. Express wonder
27. Works a garden's soil
28. Alias
29. Opening
31. Bones
32. Harlequinade clowning (Mid. Eng.)
33. Lose resilience
34. Syrian pound
35. Finishes
36. Held over
37. Brass that looks like gold
38. Cuddle
39. Small sailboat
40. Dorsal plates on anthropods
44. A waterproof raincoat
47. Latin: around time of

How to Protect Yourself Against **Stomach Ulcers**

Did you know that a bacterium called *Helicobacter pylori* is the main cause of 60 to 80 percent of gastric ulcers, and of 80 to 85 percent of duodenal ulcers? The duodenum is the upper end of the small intestine.

Normally, a layer of mucous protects the stomach and the intestine from the acidity of the gastric juice, a liquid secreted by the stomach glands during digestion. *Helicobacter pylori* weakens this protective layer by penetrating the mucus lining and creating open sores, or ulcers, in the gastrointestinal tract.

In industrialized countries, close to 20 percent of people aged 40 and under are infected with this bacterium, and it affects close to 50 percent of people over the age of 60. Studies show that 20 percent of these people will develop an ulcer during their lifetime.

Clinical studies have shown that probiotics

can be useful in treating infections caused by *Helicobacter pylori*.

Antibiotics are usually prescribed to eliminate *Helicobacter pylori*, but unfortunately, the success rate is only 74.8 percent. When a multi-strain probiotic supplement, such as Probiacac, is added, the treatment's efficiency increases to 83.6 percent.

The fact that antibiotics cause several side effects is important to mention. These adverse effects, experienced by 38.5 percent of patients treated, include diarrhea, stomach pain, nausea and taste changes. When a multi-strain probiotic supplement is given along with the



antibiotics, side effects are reduced and reported by only 24.7 percent of patients.

Jolicoeur recommends Probiacac as the ideal solution since it provides probiotic complexes that are designed specifically

for every age group: children up to the age of 15; adults (can be taken from the age of 15); and older adults (age 50 and up).

"Adding a multi-strain probiotic supplement to the medication given to treat ulcers caused by *Helicobacter pylori* significantly increases its efficiency and tolerance," she said.

More information and advice on probiotics is available at probiacac.ca.

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NEWLY-FORMED BREVARD PHYSICIAN ASSOCIATES

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Health First is pleased to announce that the newly-formed Brevard Physician Associates, PLLC is now providing anesthesia, emergency medicine and radiology services to all Health First hospitals and outpatient facilities. This includes Health First Cape Canaveral Hospital, Health First Holmes Regional Medical Center, Health First Palm Bay Hospital, Health First Viera Hospital, Melbourne GI Center and Melbourne Same Day Surgery Center.

Brevard Physician Associates (BPA) brings together more than 75 local physicians and 70 advanced-level practitioners. BPA includes physicians and healthcare leaders from Brevard Anesthesia Services, Brevard Emergency Services, Central Brevard Radiology and Space



Coast Emergency Physicians. These groups have come together to provide a seamless transition and top patient care to local hospitals and outpatient facilities.

"We entered into this agreement so we can continue to ensure a consistent and efficient process at all Health First facilities and to help us to achieve our goals of quality, no harm, customer experience and stewardship," said Health First Executive Vice President, Chief Operating Officer Stuart Mitchell.

"Healthcare in the United States is evolving quickly," said Brevard Physician Associates Chief Executive Officer Dr. Marty Brown. "Part of the recent changes involves a consolidation and integration of hospital based medical care services. Health First continues to move in the direction of efficient, quality care with a focus on the patient experience and we are very excited about this partnership."

BPA will employ more than 150 people including physicians, physician extenders and support staff. The goal is to provide efficient, quality, patient-focused care throughout all hospital and outpatient experiences. For more information, visit www.bpadocs.com or call 321-255-9671.

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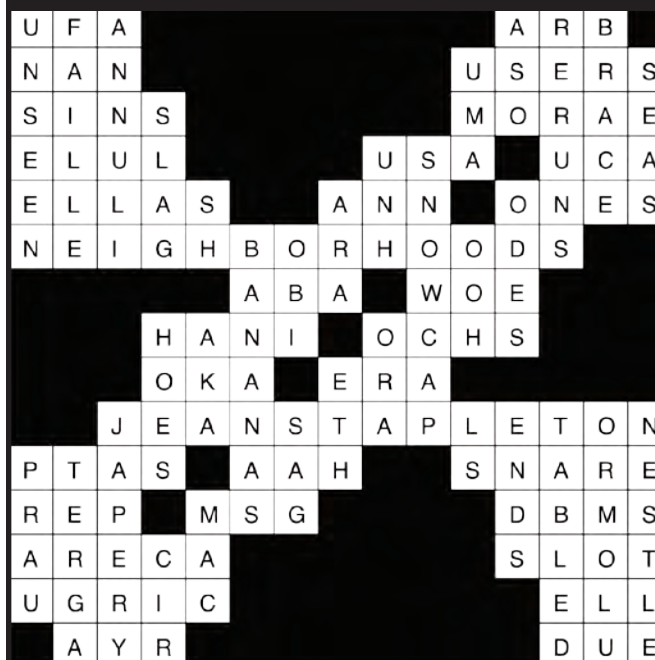
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**Win a \$25 Gift Card
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Send answers to Spotlight Magazine to enter a drawing for the
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