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september 2013

# spotlight

*Keeping You in the Light*

MAGAZINE

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**Spotlight BUSINESS OF THE MONTH**



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Welcome to the September edition of *Spotlight* Magazine. September makes us think of the end of Summer and the beginning of Fall. That brings football season, and before you know it, Thanksgiving and Christmas! Where does the time go?

But before we get ahead of ourselves, there are many great events to enjoy here in our own backyard this month.

- Saturday, September 14 is the date to note for the Brevard Women's Expo to be held at the Maxwell C. King Center.
- On Friday, September 27, the annual luncheon Purses with a Purpose will be held to benefit Serene Harbor, a domestic violence shelter.
- And for those who like to remember back to the "good old days", there is the 80s in the Park family fun event on September 28 and 29, which features food, bands, a comic convention, and much more.

Details and more information about all of these great happenings can be found in this month's issue.

Last month I introduced you to my son, Bryan J. McDonough, who is now working here at *Spotlight* Magazine. Bryan is enjoying meeting and working with our *Spotlight* advertisers and is learning a little more about the work it takes to produce a monthly magazine. He is finding, as I do, that while the work is not always easy, it can be fun and rewarding on many levels.

Get out there and enjoy the fall season and all that September has to offer. Take some time as well to see what our great advertisers have to offer!

Until next month,

Bryan McDonough  
Publisher, *Spotlight* Magazine, Inc.

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september 2013



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## PAY YOUR RESPECTS

by Jim Campbell, First Baptist Church of Melbourne

**A few years ago, the week before Father's Day,** I stood beside a hospital bed with another minister, and watched an old man breathe his last. There was no thunder clap... no movie soundtrack to heighten the emotional effect... just a breath and it was over. Stunned, the first words in my head were "well, that's it"... it was the first and only time I've seen someone die... then I cried like a baby. I had just lost the greatest support I'd ever known... I'd lost my father... just like that.

One thing I remember about my father was the degree to which he was respected in our community. At the funeral home, the line of people, who began lining up outside 30 minutes before the doors opened, walked by continually. We never had to move or sit down and we stayed an extra hour to accommodate them all. Sounded like a lot of fuss for a plain farmer who had picked cotton for 25 cents a day to buy his books to finish high school, his highest academic achievement. I'll never forget this 16 year old boy walking up to Ma and me. Ryan worked for my Dad doing odd jobs around the farm. He listened to what Dad said and my Dad listened to him and I don't think that I've ever seen raw emotion like that from a boy of his age in person.

Ephesians 5:33 says "wives are to see to it that they respect their husbands." While this seems like a marital verse, it also speaks to the way that God designed all men. Men were designed to value respect and honor at a high level. Actually, respect is the foundation for their understanding of love. This insight is something for all of us to remember when dealing with those men in our lives. Too often, respect can be ignored as an optional concept and the men that we value never truly understand how much they mean to us.

My Dad was lucky since he died knowing what he meant to his family and the people that came that night. The funeral was just a final outpouring of the respect and love he'd earned in his life. I hope that we all don't neglect the men in our lives, and that we don't wait for the funeral home to "pay our respects".

Jim is the Campus Pastor and Primary Communicator at Bay West Church, which meets at Heritage High School Sundays at 10am. For more info on Bay West Church, check us out at [facebook.com/baywestchurch](https://facebook.com/baywestchurch) or [www.baywestchurch.org](http://www.baywestchurch.org). Bay West Church is a campus of First Baptist Church of Melbourne.

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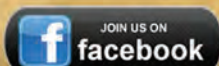
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The organization is always looking for  
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Spay/neuter clinics are only for feral and abandoned cats. This number is  
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**Brevard's Green Team Organization, Inc. (BGTO), a 501c3 non-profit, is sharing the awareness of Community Emergency Readiness Programs, and presenting the latest user friendly emergency uses for Solar Mobile Generators in community living.**

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- How can we communicate with "anyone"?
- How can we get lighting & fans?
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- How about our medical needs (CPAP, Oxygen & Med Coolers)?
- How about property safety lighting?

The latest use of a proven technology has evolved into A User Friendly Plug & Play Technology - Solar Mobile Generators in community living. BGTO is offering quiet, fuel-less communications, LED lighting, fans and water filtration modules for community needs. Savings & Benefits include: Sales Tax Exempt, 30% federal tax credit, "FUELLESS" safe operation & off the Grid. Let sunshine make your day at [www.FREEPowerTOGO.US](http://www.FREEPowerTOGO.US)

A BGTO winter program, [www.SolarED.US](http://www.SolarED.US), will offer and display the latest user friendly, affordable solar, wind and LED applications for everyday living. The GREENer Mentor Club will offer "in home inventors", the opportunity to present their ECO friendly inventions by sharing input with technical marketing mentors and prepare them for the next step with a successful Entrepreneur Business Plan called "What's in Your Garage?"™

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# What is Women's Fascination WITH Purses?



## What is women's fascination with purses?

I am sure a lot of men ask themselves this question when they look into a woman's closet and see a myriad of purses in every shape, size and color. Just like most men only see the need for about five pairs of shoes, they cannot comprehend the need for more than one or two purses. Some women adhere to that philosophy, but there are many more who hunt for just the right purse to match an outfit or one that brings the WOW! Factor, or one that brightens our spirits, or one that is beachy, one that is professional, one that carries everything we may need in our day, or one that holds just the absolute necessities. There are many reasons why we need more than one purse and at Serene Harbor's 8th annual "Purses with a Purpose" luncheon, there will be a purse for everyone's taste.

Serene Harbor will host Purses with a Purpose at the Crowne Plaza in Indialantic on Friday September 27th from 10 am – 2 pm. The luncheon is a kickoff for Domestic Violence

Awareness Month in October. There is a live and silent auction of new designer purses along with a lot of other fabulous items, baskets, jewelry, spa baskets, certificates, theme park tickets and more. There are 40+ vendors, raffles, and our guest speaker this year is Jada Collins. Jada is an Author, National Certified Counselor and Former Ebony Fashion Fair Supermodel, who will share her story with the attendees. For information, to purchase tickets, to purchase sponsorships or to be a vendor visit [www.sereneharbor.org](http://www.sereneharbor.org) or call Nancy Peltonen at (321) 726-0402.

Serene Harbor has assisted over 10,000 individuals throughout our history via our direct intervention services and outreach programs. We have a single location in Brevard County providing shelter to female victims of domestic violence and their children. We work with men on an outreach basis due to the communal living arrangements at the shelter.



*Keynote Speaker,  
Jada Collins,  
Ebony Fashion Fair  
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Temporary emergency shelter for women and children is our primary function. Each survivor receives an individual case plan with goals they want to achieve while at our shelter. They discuss their needs with our Case Manager to determine their priorities and the Case Manager assists in facilitating progress towards the goals. We transport shelter residents to services they require throughout the County, including court advocacy and advocacy in conjunction with Legal Aid. We also provide an individual case plan for each child that comes into the shelter with their mom. We want to ensure each child's needs are met and that we work with the children to break the cycle of violence. All our services are provided free of charge. Call our confidential 24hr hotline at (321) 726-8282 for information or assistance.



## Local Girl: Dream Come True

**Jenny took her first dance lesson at The Dance Factory in 1992 as a little girl with a great big pink tutu.**

Two years ago, the same week she graduated from the University of Central Florida with a minor in Education, she bought the studio where she had taken lessons for over 20 years and been teaching and choreographing dances for more than 10 years! Jenny also studied and performed with the multidisciplinary ISH Institute dancers from the Netherlands and she has

*Jennifer Cordova*

performed with the Surfside Players.

Jenny has recently changed the name and appearance of the studio. Elite Dance Center now offers classes in 3 spacious dance rooms, has an extra large waiting room, and offers a wide variety of classes to children age 18 months through adults!

Jenny and 8 professional adult teachers offer a wide variety of classes to suit the needs of people of all ages. Her dance team has won several trophies throughout the state of Florida. Her dancers have also delighted audiences within the community including dancing with Space Coast Symphony Orchestra, performing for the Manatee's home game, Relay for Life, local library performances, fundraisers to help

local non-profit agencies for women and children, local

nursing homes, and local daycares.

Jenny now offers reasonable tuition and year-round classes including summer camps for children of all ages and ballet intensive. Adult classes include hip hop, yoga, zumba, and ballet.



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(Ballroom dancing and Bollywood are coming soon to Elite Dance Center.) Children's/Teen's classes include Hip Hop, Ballet, Lyrical, Musical Theater, Parent and Tot class, Tap, Pointe, Contemporary, Jazz, Tumbling/Acro, and combination classes for children ages 3-6. Not sure what class to take? Come try a class with no obligation!

Elite Dance Center is located on Palm Bay Road within a short distance from the Babcock Street intersection and is easily accessible from Palm Bay, West Melbourne, and Melbourne.



# The Secret to Handling Tough Conversations

**Do you know a person you need to have a conversation with and have not be looking forward to it?**

Possibly, you have tried it before and it went poorly. Maybe you are afraid that speaking with them is only going to make matters worse. For whatever the reason, you can feel the tension. One of the most frequent obstacles to real conversation is that people do not know where to start. A life coach can work with you to help your relationships get beyond the mediocre especially during difficult conversations.

You will have to say things in a respectful way, even if you think the other person isn't deserving. What if you want to address a problem and the other person does not. It may be tempting to demand or confront the person. What should you do if you must have a tough conversation about an important matter but the other person resists. If you are more cheerful person or upbeat personality or if you are at a differing levels of responsibility or authority this can make communication more difficult. You should respect other person and be willing listen. You should keep this in mind when your in a ugly conversation, the goal is to resolve whatever issue is between us.

Leaders know it is paramount to have people who want to share and accomplish the goals of the team. However, there are some people seem to always be having difficult conversations. And then



there are some people avoid challenging conversations because they are uncomfortable with conflict. They feel it is not worth the effort or are concerned that they will hurt the relationship if they speak out.

Here are four things to remember:

Do not leave too much time between the incident and talking about it.

Try to learn as much as possible about the other's point of view. Do not have a preconceived ideas.

Acknowledge what they say and do not interrupt.

Desire to make things right and make it clear to them.

The best way to handle tough conversations with others is to avoid getting into them. That is not always feasible and certainly not probable. Following these simple guidelines in your tough conversations will lead to relationships based on trust and respect. The conversation like any art is improved by making the basics good habits. Using the basic skills describe here will improve conversations. Just remember, the ultimate goal is to resolve the problem and maintain the relationship.

Michael Young is the Pastor of Cafe Church Rockledge which meets in the Coffee Tree Caf, Sundays at 10:30am. [www.cafechurchrockledge.com](http://www.cafechurchrockledge.com) 321 501-7028

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## FROM A CHILD'S PERSPECTIVE

### SPOTLIGHT ON THE ARTS

by Pam Mankowski

**Well, September has arrived and summer vacation time has come to an end.**

Fall brings many changes for families with school aged children. Whether the young people in your life go off to a school environment away from home, or participate in a home school situation, there are many challenges to the educational process.

While school aged children have are studying the 3 R's (boy, I dated myself with that reference), preschool children have their own learning issues. Today's youngsters are experiencing learning techniques from family, friends, community resources, television and videos.

My friend Laurie Monopoli (musician, author, educator, song writer, mom) posts many enlightening gems on Face Book and on her business website for The Learning Station. Stage 1 Stars has had the privilege of appearing as background dancers and movement extras in many of the educational videos produced by and starring this talented group.

I am going to let Laurie share some important lessons for parents and educators to remember while helping to shape the minds of those most precious to us - our children!

Laurie reminds us "Most children demonstrate one of the following basic learning styles: visual (see), auditory (hear), kinesthetic (touch). However, it's not uncommon for a child to combine learning styles. Just like children have different learning styles teachers have different teaching styles. When we recognize each child's learning style, we can prevent children from feeling frustrated or not good enough. By trying different methods of teaching you can improve a child's feeling of accomplishment and self worth."

She recently posted the following which reminded me of how important it is to remember the DO's and DON'T's of parenting and teaching!

To learn more about The Learning Station - Healthy Music for a Child's Heart, Body and Mind, check out Don, Laurie and Jan at [www.LearningStationMusic.com](http://www.LearningStationMusic.com).

Don't forget to check out Stage 1 Stars to "Get in the Act" and find out how we are "on the move" by going to [stage1stars.com](http://stage1stars.com) or e-mail Pam at [stage1stars@aol.com](mailto:stage1stars@aol.com).



### Making a Positive Connection

By Laurie Monopoli

#### DON'T

Don't condemn me for making mistakes;  
That's how I learn.  
Don't judge me;  
I am doing the best that I can.  
Don't get angry at me,  
I only get scared when you are mad.  
Don't shout at me;  
Yelling only intimidates me.  
Don't ponder on my weaknesses;  
Dedicate your attention to my strengths.  
Don't always find fault with me;  
I must be doing something right.  
Don't put conditions on our love;  
I love you just for you. Please love me the same way too!



#### DO

Do praise me;  
That way I will know what I am doing is right.  
Do share with me your childhood experiences;  
It helps me to understand where you are coming from.  
Do tell me when you are having a bad day;  
That way I will know it is not my fault.  
Do respect my feelings, ideas, and views;  
This makes me feel closer to you and helps me to express myself to others.  
Do listen to me;  
I feel good when my thoughts are important to you.  
Do believe in me;  
It helps me to believe in myself.  
Do tell me that you love me;  
I can never hear those words enough.

*Laurie also comments: "There has always been an emphasis on teaching our children reading, writing and arithmetic. Let's not forget the value teaching our children life skills. Life skills help children learn how to deal with everyday situations; make good choices; interact with others; manage their time; and become independent and responsible."*

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## CHILDREN NEED TO PRACTICE GOOD COMPUTER ERGONOMICS, TOO

### SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

**At least 70 percent of America's 30 million elementary school students use computers,** according to a recent New York Times article. As a result of this increased usage, doctors of chiropractic are treating more young patients suffering from the effects of working at computer stations that are either designed for adults or poorly designed for children. Many children are already suffering from repetitive motion injuries (RMI) such as carpal tunnel syndrome and chronic pain in the hands, back, neck and shoulders.

A recently published study conducted by a team of researchers from Cornell University found that 40 percent of the elementary school children they studied used computer workstations that put them at postural risk. The remaining 60 percent scored in a range indicating "some concern."

"Emphasis needs to be placed on teaching children how to properly use computer workstations," stated Dr. Scott Bautch,



a member of the American Chiropractic Association's Council on Occupational Health. "Poor work habits and computer workstations that don't fit a child's body during the developing years can have harmful physical effects that can last a lifetime. Parents need to be just as concerned about their children's interaction with their computer

workstations as they are with any activities that may affect their children's long-term health," added Dr. Bautch.

#### What can you do?

To reduce the possibility of your child suffering painful and possibly disabling injuries, the American Chiropractic Association (ACA) and its Council on Occupational Health offer the following tips:

- If children and adults in your home share the same computer workstation, make certain that the workstation can be modified for each child's use.
- Position the computer monitor so the top of the screen is at or below the child's eye level. This can be accomplished by taking the computer off its base or stand, or having the child sit on firm pillows or phone books to reach the desired height.
- Make sure the chair at the workstation fits the child correctly. An ergonomic back cushion, pillow or a rolled-up towel can be placed in the small of the child's back for added back support. There should be two inches between the front edge of the seat and the back of the knees. The chair should have arm supports so that elbows are resting within a 70- to 135-degree angle to the computer keyboard.
- Wrists should be held in a neutral position while typing - not angled up or down. The mousing surface should be close to the keyboard so your child doesn't have to reach or hold the arm away from the body.



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## LIFE IS PRECIOUS

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

***This summer our family increased by two, as we were blessed with two new grandsons.*** Most of us probably don't think about it every day, but as I held those "tiny new creations" in my arms, I was reminded of just how awesome and precious life is.

As I held each one close I felt their rhythmic breathing; I watched them stretch and struggle to raise their heads in jerking motions. As each of them attempted to open their eyes, I couldn't help but smile at the contortions on their little faces. Then as each one curled their tiny hands around my finger, I was overwhelmed with the miracle of life and embraced them tighter. Time will go by fast enough, but I can't help dreaming about the moments I will share with Walter and Anderson like I do the other grandkids.

There is some unexplainable attraction with newborns. Maybe it is because they are so tiny, so completely dependent and vulnerable, that even the biggest, burliest

men melt at the cry of a baby. Maybe that is why Nicodemus was confused when Jesus taught (John 3:4) that no one can see the kingdom of God unless they were born again. As I held my grandsons, I think I understand better why Nicodemus would ask ... How can an old man go back into his mother's womb and be born again?

Since Nicodemus was a Pharisee, some will argue that he was simply trying to provoke Jesus into responding in a manner that would discredit his teaching. I think (and I know that really doesn't matter) Nicodemus was a lot like many people today ... people who are unhappy with their life. People who desperately want to understand how they can change, how they can become a new person.

Paul explained it well in 2 Corinthians 5:17 ... anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

It is a beautiful thing when two people who love each other come together and create a new life... but it is priceless when God takes who we were ... junk and all ... forgives and lovingly breathes His Spirit into us, preparing us to live ... not just here and now but for eternity.

*What counts is whether we have been transformed into a new creation.*

*—Galatians 6:15 NLT*



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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...the Judeo-Christian God  
and Allah 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 Val,**  
**If Christians and Jews worship the same God, then it should stand to reason that Allah is the same God. After all, Ishmael and Hagar worshipped the God of Abraham and that's where the Muslim faith began. Isn't it possible that Allah is just another name for God—like Jehovah or Yahweh?**  
—Christy of Palm Bay

Dear Christy,  
While it's true Ishmael and Hagar worshipped Jehovah, the God of Abraham, the Judeo-Christian God and Allah are not the same. The Muslim faith wasn't established until centuries later. Mohammad, father of the Muslim faith, was born in AD 570. He was orphaned at the age of six and raised by his paternal grandfather. When Mohammad grew up, he became a camel driver and eventually a merchant. He was described by his son-in-law as strikingly handsome and charismatic.

After meditating in a cave outside of Mecca (present day Saudi Arabia), forty-year-old Mohammad claimed to receive messages from god which later formed the verses of the Qu'ran (also spelled Koran and Al-Qur'an). During this era, the Arabian world worshipped more than 360 different gods—one for each day of the lunar year. Allah was one of a variety of names for the moon-god, the male complement to the female sun-god and was the favorite of Mohammad's family.

Muslims regard the Qu'ran as the divine word of god just as Christians look upon the Bible as absolute truth inspired by the Holy Spirit, in other words—the divine word of God. After examining the characteristics of the God of the Bible and the Allah of the Qu'ran you will understand, they are nothing alike and should never be viewed as such.

The Allah of the Qu'ran is considered, by Muslims, to be so exalted that he cannot be known, and their theology says Allah can never be understood and to even think he is spirit is demeaning and blasphemous. He has no emotional feelings toward man and there is no Savior or intercessor for the forgiveness of sin. One of Mohammad's claim is Allah commanded him to fight people until they became Muslims; consequently, Mohammad urged jihad on the infidels and this practice is still going on today (Surah 4:47; 9:29, Qu'ran).

In contrast, the Judeo-Christian God is knowable and a personable-being with intellect. The God of the Bible is spirit, one God—and made up of three persons (Father, Son, and Holy Spirit). God is love and full of mercy and grace. He is our shepherd, comforter, healer, and ever-present helper. He defends the weak, and gives strength to the powerless. He is the Alpha and Omega—creator of the heavens and earth—the giver of life—Almighty, ever-lasting and all knowing...

God's will is that none should perish (2 Peter 3:9). "None" includes the Muslim people because God loves and cares for them too. I did quite a bit of research on the number of Muslims converting to Christianity. Many of the new believers claim that God revealed Himself to them in dreams and visions. The number of Muslims converting to Christianity is staggering—I had no idea! There are several videos and testimonials on youtube.com, be sure to check them out.

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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## A QUICK & EASY MEAL

### SPOTLIGHT ON COOKING

by Cecelia Danas



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

### Summer Squash Sloppy Joes

1 pound ground lean beef or turkey	1 6-ounce can tomato paste	Kosher salt and ground black pepper to taste
1/2 onion, finely chopped (about 3/4 cup)	3 garlic cloves, minced	3 ounces cheddar cheese, thinly sliced
1 carrot, chopped	1 tablespoon mild chili powder	6 hamburger buns (If you don't eat, put it over brown rice)
1 1/2 cups summer squash, diced	1 teaspoon paprika	
	1 teaspoon dried oregano	

In a large skillet over medium-high heat, sauté the ground beef or turkey until browned, about 7 minutes. Add the onion and sauté 2 minutes. Add the carrot and sauté 2 minutes. Add the squash and sauté 1 minute more. Stir in the tomato paste and 1 1/2 cups water, stirring until the paste has dissolved. Add the garlic, chili powder, paprika, and oregano, and season with the salt and pepper. Reduce heat to medium and continue to cook until the mixture has thickened, 8 to 10 minutes. Divide the cheese among the bottom halves of the hamburger buns. Transfer both halves of the buns to the broiler, open-faced, and toast until the cheese has melted and the top buns are toasted. Remove the buns from the oven and fill each sandwich with the squash-and-meat mixture. Serve immediately. Serve with a salad or baked beans.

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**Got Backpacks?** Students are proudly bringing their Bible to school in their backpack. Students that attend Dove Bible Club are taught lessons on character building. They also recite Bible verses; sing Bible songs; watch Bible videos; say the Pledge to the Bible; play games; receive snack and juice and receive Bible take home sheets.

**Got Interest?** Dove Bible Club is open to all students in Kindergarten to 8th

grade. The following schools host Dove Bible Club after school programs from 2:30-4:00pm in elementary schools: Christa McAuliffe; Columbia; Discovery; Harbor City; Turner; Jupiter; Lockmar; Meadowlane (P) Meadowlane (I); Ocean Breeze; Palm Bay; Port Malabar; Riviera; Roy Allen; Sunrise; University Park; Westside. Southwest and Central Middle schools' times TBA.

**Got Students?** Dove Bible Club is the highest attended after school club on some of the school campuses, with numbers reaching to over 90 students. If you would like your child to participate in Dove Bible Club, the registration forms will be in office of participating schools in the month of September.



Dove Bible Club was founded by Loretta Dozier, a Speech-Language Pathologist, who has worked for Brevard Public Schools for the last 22 years.

**Got Sponsors?** If you, your family, business or church are interested in volunteering or sponsoring a school for Dove Bible Club please contact:

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## TIPS FOR 'CUTTING THE CORD' AND SAVING MONEY

### SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

The term 'cord cutter' refers to households that have discontinued using traditional cable and satellite providers for television content that have discontinued using traditional cable and satellite providers for television content and have moved completely to the Internet. While the lure of cutting the expense for these services is obvious, the notion that you can have the same experience and options purely from the Internet is untrue for the time being.

There are no current Internet-only options that will replicate 100% of what you are used to getting from the traditional providers: The good news is that you likely don't use 100% of what they are delivering anyway.

If you're willing to change your viewing behavior (like having to wait to see new episodes of a hit show) and sacrifice some convenience, you may be able to completely 'cut the cord' but I know of very few people that have actually pulled it off.

Most people are currently engaged in 'cord shaving' instead of 'cord cutting,' meaning they reduce what they are

paying the traditional providers and find streaming alternatives for some of the premium or on-demand content. What you want to be able to see will determine how far you can go, so you need to start by making a list of shows and stations that are 'must haves.'

If local television programming is important, you'll want to start by experimenting with various HD antennas that allow you to get over-the-air HD broadcasts for free. A basic HD antenna will cost you \$20 to \$40, but I haven't seen too many that get all the stations clearly, especially if you live near tall buildings or mountains or far away from the transmitters.

Amplified HD antennas that cost \$60 to \$80 may help, or you may have to have a rooftop antenna installed, which can run \$300-\$500 or more depending upon your situation. This may make sense if you have a large number of TV sets that need HD antennas.

If live sports from ESPN are important, you'll either have to have a basic cable/satellite package or an Xbox 360 with an Xbox Live Gold account (<http://goo.gl/81P5Ot>).

If you don't care about sports or local programming, you can get lots of movies and TV shows from set-top streaming devices such as Apple TV or a Roku Box (\$50 to \$100). These are easy to setup and use.

You'll also need to get a subscription for an all-you-can-eat streaming service such as Netflix (\$7.99 per month - <http://goo.gl/1tDFml>), Hulu Plus (\$7.99 per month - <http://goo.gl/DeRNNO>) or, if you already have an Amazon Prime account (<http://goo.gl/GtUJqb>), you have access to their 40k+ library of movies and TV episodes included in your membership.

You won't be able to see any of HBO's popular original series like Game of Thrones or Newsroom on these streaming services, so make sure you understand what the limitations are before you cut the cord. This shift to online delivery of traditional content is continuing to grow and many interesting new ways of watching what you want, when you want it, are continuing to appear.

Google recently announced their \$35 Chromecast streaming device (<http://goo.gl/LI4CyW>), which allows cord cutters to use their smartphone or tablet to push Netflix, YouTube, and Google Play video up to a television. A company called Aereo (<https://aereo.com>) is offering an innovative way to get broadcast television over the Internet if you're lucky enough to be in one of their early markets.

Cutting the cord will require you to be flexible and willing to flop around different devices and different remotes, as well as be willing to miss out on some popular shows, but it will save you a bundle if you can make these changes to your viewing habits.



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**Every now and then, if you are lucky, you may stumble upon an unassuming restaurant** that is

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Such a place is the Mo-Bay Grill, located on US 1 in the Riverwalk Plaza in Roseland, just north of Sebastian.

Since 2005, acclaimed chef Wesley Campbell has been impressing and delighting patrons who come from near and far to sample unique dishes found on a menu that can best be described as featuring Jamaican International Cuisine. The flavorful Island fare shares space with items that have a little more of an Italian, Mexican, or American flair. This is not your typical Jamaican restaurant; it's a little bit that, but so much more.

Campbell won his first cooking competition at the age of 14, and he has never looked back. He has been honored as a Gold and Platinum chef for several years, and his reputation has grown as he's worked in 5-star resorts and restaurants in the Caribbean as well as Maryland and Washington, D.C.

The standard menu and specials at the Mo-Bay Grill will keep you coming back, long after your first visit. Some not-to-be-missed items include the Green Herb Steamed Mussels, and the amazing Spinach and Crab Dip with toasted pita chips. For entrees, you will want to try the Parmesan Crusted Haddock, Maryland Jumbo Crab Cake, the mildly spiced Jerk Half Chicken, or the incomparable Charbroiled Apple Pork Chops. And if you have saved room for dessert, you will surely want to order the Cheesecake with Caramelized Bananas and Rum!

Mo-Bay has a large assortment of delicious salads and sandwiches and some incredible breakfast selections served on Saturdays and Sundays. Customers rave about the Crab Cakes Benedict, Pumpkin Pancakes, Stuffed French Toast, Huevos Rancheros, and the many other unique, as well as traditional breakfast items. The restaurant is also known for its wonderfully flavored tropical iced teas and its interesting side dishes.

Stop by soon; you will surely return.

Mo-Bay Grill, Riverwalk Plaza, 13421 U.S. Highway 1, Sebastian, 32958, 772-589-4223.

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## PROTECTING SMARTPHONE PHOTOS

### SPOTLIGHT ON SOCIAL MEDIA

by Cheri Martin, WCN Interactive, Inc.



There has been a video from NBCActionNews: <http://bit.ly/17fraH2> re-circulating on the different social media sites that warn about taking precautions when snapping photos with your smart phone before emailing or uploading them to websites, blogs or social networks. Take heed and listen to this WARNING!

There is a geo-tracking technology on your smart phone that embeds GPS information into the pictures which could threaten the safety of you, your children, or person(s) in the photo. The geo-tracking works exactly like the GPS system you have in your car, showing where the photo was taken, translating the location into a map of the exact spot where the picture was taken. You don't have to be a hacker to find out this information, all it takes is a simple right click on the photo and you then can find home, work or even child's school. Pretty scary!

You can be perfectly safe though if you make sure your photos are clean before you upload them, you just need to deactivate your geo-tracking on your smart phone before taking pictures and uploading them online. If your children have their own cell phones, be sure to go in and turn off the GPS settings on their phones. Talk with your children about online safety and teach them to never take pictures that show street names or home address numbers. It is also a good practice to set the privacy settings yourself on all of your kids' online accounts so you are comfortable with what they are sharing.

To turn off the GPS on your Smart phone when taking pictures:

**iPhone** – Go to Settings, then Privacy Location Services, turn it off for everything or just for the camera.

**Android** – Go to Settings, then Location Services and turn GPS off when you don't need it.

**Windows Phone** – Go to Settings, then Location and turn off Location Services.

If you have trouble remembering to turn off the GPS settings on your smart phone before taking photos, you can use PixelGarde.com, a photo privacy editor app that will check photos before you post them online.

To clean a large group of pictures at one time, use XnView.com, a nifty, image batch converter that can be used by both Mac and Window users.

The main thing to remember is to always keep your personal photos that you post online restricted to private!

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## Stereo is for more than Music

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**Hearing with both ears is something that most of us take for granted.** But, after a series of childhood infections left her with a serious hearing loss, our featured patient, Ms. Tatiana Bordain had gotten by with one ear for so long that she'd forgotten just how good the world can sound when both ears work together.

It takes both ears working together, for us to be able to tell the direction a sound is coming from. Understanding in noise, or particularly when in the middle of a social situation with only one ear gets increasingly difficult. Tatiana was finding it increasingly difficult to hear both her fiance', and the customers and coworkers down at the bank where she worked.

When we first met Tatiana, she was trying to get by using one old CIC hearing aid

that was well past it's prime and really distorted. After listening carefully to Tatiana's lifestyle, goals and budget, we recommended she try a pair of Rexton's new Strata 2c RICs. Within a few minutes, we'd measured Tatiana's hearing thresholds, and programmed a set of aids just for her.

However, hearing again with both ears took some getting used to. After a week, Tatiana admitted to only having worn them a short time during her initial trial. Also planning a wedding, Tatiana was afraid that she couldn't afford to fit both ears, and still have the budget for her upcoming wedding. I promised to sharpen my pencil, if she'd agree to extend her trial for another week, and this time actually wear the aids.

When she returned the next week the

differences were apparent. Not only was Tatiana hearing better than she ever imagined, she was really enjoying the stereo streaming of her music, and cell phone calls.

Demonstrating the benefits of stereo hearing, making it affordable, and helping folks to understand what's going on, is just another part of being Patient Centered & Results Oriented. Helping folks enjoy life more, through the benefits of today's advanced signal processing gear is what we do, everyday. We'd love to help you, or a loved one as well, just give us a call at: 321-722-2894 and find out for yourself, just how great the world can sound. Please see our advertisement on page 25 of this issue of Spotlight.



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

**Lawn Care** How many things can you find that have to do with lawn care?

```

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I S E O E M U R V E O B R I
Z S F S I M P J X A W L J L
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R E W O M S I Q E B S R F A
R E W H T Z Y L T A K A D V
D E S I C C A T I O N S E C
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**Win a \$25 Gift Card  
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**





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

# Gimme Shelter

By Michael Mendes

**Its Rainy season and the little ones have to find dry places to hide during the storm.** Generally the cats are bright enough to find a dry, clean area to camp out, but there are some steps you should take to ensure that it is also safe.

After a rain inspect your colony; are the cats dry, wet or "Drowned Rat"? If they are dry you need to figure out if where they are hiding is safe for a cat.

Look around for culverts, shed's, heavy shrubs etc. Just making sure that the cats don't face injury, and that they are not "trespassing" in a structure that could cause someone to file a complaint against the colony.

If they are wet you are going to have to provide some form of shelter for them. Remember that you want your colony to be as inconspicuous as possible, so whatever you choose make sure it blends in or is out of sight totally.

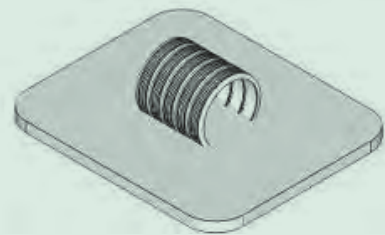
**Rubbermaid tubs:** Cutting two holes in a Rubbermaid tub is fast, easy, and normally free. I see these things in the trash or on the side of the road all the time. Periodically change out the bedding with straw, cardboard, or clean newspaper \*Cats prefer two entrances so they don't feel trapped.

**Lean-to:** Leaning plywood or some other solid flat piece of material against a tree is simple and effective.



**Half a barrel:** cut an old garbage can in half, (wash it real good too), and cut a second entrance hole in the bottom.

**Tire Tunnel:** If you have a colony in a more secure area like your own yard, a sturdy shelter for the little ones is a tire tunnel. A tire tunnel is a series



of used tires arranged side by side so they create a tunnel, then they are half buried in the ground to give added stability.

These are just a few ideas to keep your colonies dry and safe during the upcoming storm season. For dozens more ideas check out the page Alley Cat Allies has dedicated to feral shelters:

[www.alleycat.org/ShelterGallery](http://www.alleycat.org/ShelterGallery)

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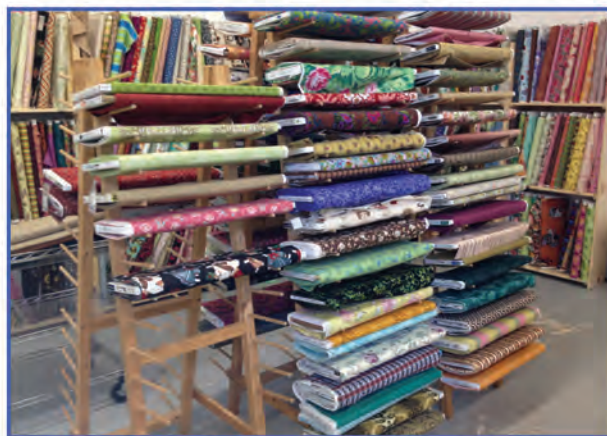


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# Measles: **ON THE RISE**

by Jeannette Duisberg, ARNP



**There has been an increased incidence of Measles seen in the United States due to international travel.**

In August, 2011 there was an outbreak in California associated with an arriving refugee from Burma. Passengers on the flight included 31 other refugees who then traveled to seven other states, widening the potential for measles. This caused 17 measles outbreaks in various U.S. communities.

Measles is a highly contagious respiratory disease caused by a virus. This disease is also called Rubeola. Measles grows in the lining of the back of the throat and lungs.

The symptoms of Measles are fever, runny nose, cough, eye drainage, and a red rash all over the body. About one out of 10 children also get an ear infection, and up to 20 get pneumonia. About one out of 1,000 get encephalitis, and one or two out of 1,000 die.

Measles spreads through the air by breathing, coughing or sneezing. It is so contagious that any child who is exposed to it and is not immune will probably get the disease. Children, teenagers, and adults should be up to date on their measles vaccination, including before they leave for international travel.



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## DEBORAH THE PROPHETESSES

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**When we think of Biblical Prophets, we think of great men like Elijah, Isaiah and even Jesus Himself.** But there were many Prophetesses, such as Anna, Miriam, and Philip's four daughters. I think the greatest of all the Prophetesses was Deborah.

Deborah was the fourth Judge to lead the nation of Israel. (Judges 4:1 – 5:31.) Because she was a Judge, she was also the commander-in-chief of the Israeli army. She is pictured in the Bible in a very positive light, boldly speaking in the name of the Lord and sought out for her decisions.

The Israelites frequently got into trouble back then, falling into wickedness and idolatry, so God would punish them with oppression and bondage until they repented. It's easy to see how often this happened, because Judges 4:1 begins like this: "Again the Israelites did evil in the eyes of the Lord..." This time, God gave them over to the king of Canaan for twenty years. Finally, God tells Deborah to engage the cruel Canaanite general, Sisera, and He will give them victory. So she calls her own general, Barak, and orders him to take some men and go to battle.

But Barak refuses to do this unless Deborah goes with him (Barak comes off as kind of a sissy here.) Because of his demand, she prophesies that the glory for defeating Canaan's general will not go to him, but instead, it is a woman who will defeat the brutal Sisera.

Here's where the story gets really interesting. Barak leads the charge against the army of Canaan, but the Bible tells us that it is God who wins the battle: "...the Lord routed Sisera and all his chariots and army by the sword..." (Judges 4:15) During the confusion of the attack, Sisera himself fled to the tent of his friend Heber the Kenite, where Heber's wife hid him under a blanket. Sisera fell asleep, exhausted.

Then Jael, Heber's wife, picked up a tent peg and a hammer, and drove the peg through Sisera's temple into the ground! No way! How motivated would you have to be to ram a tent pole through somebody's head? But Jael did it, and then showed Sisera's dead body to Barak, the Israeli general, and it is she who got the glory for the defeat, just as Deborah had prophesied.

Judges 4:23-24 tells us how the story ends. "On that day God subdued Jabin king of Canaan before the Israelites. And the hand of the Israelites pressed harder and harder against Jabin king of Canaan until they destroyed him." This was followed by forty years of peace for Israel.

Its cool stories like this that make me wonder why more people don't avidly read the Bible. And why Hollywood producers pay good money to option books, when they could make awesome movies about people like Deborah and Jael from the Bible. If you haven't read your Bible lately, pick it up and read a few chapters today!

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## PRUNE THE PLANT

### SPOTLIGHT ON LIFE COACHING

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

**Last month I talked about “Weathering the Storms.”** After the storms you have to “prune” the plant to get rid of the damaged limbs and leaves. It doesn’t hurt the plant, it just makes it stronger. This is because it doesn’t have to try to send all the nutrients to the damaged parts. As we “prune” the plant it looks bare and we wonder if it will grow. Most plants bounce back and grow new leaves and others that are not strong enough will wither away.

You ask why did one plant live and the other not? This question can be asked in our life, too.

God is in charge of that, but I believe you have choices in life to help keep you strong until the end comes.

1. What are you doing that is not making you strong in body, mind and spirit?

Examples: Are you going for annual dental and physical check-ups? Are you smoking, drinking alcohol in excess, or abusing pills to feel “good”? Are you reading, doing puzzles, or creating to stimulate your mind? Are you taking time to do some sort of spiritual practice?

2. Are you staying positive or negative?

Examples: Are you the person who complains all the time about every little thing? or Are you the person who sees a bad situation and tries to find something that is a lesson to be learned or something positive to come out of it?

3. What do you need to “prune” out of your life?

Example: Do you set boundaries with people? Do

you look at yourself and take an inventory of what you would like in your life and work to change? Do you have will power? Do you allow people to use you and abuse you? Do you have negative feelings about yourself/life?

Answer these questions honestly and see where you are and what you may or may not need to address. We have choices in life. The sooner you make better ones the happier and stronger you will be with who you are as a person.

Remember you don’t have to do this alone. I can help you change your stumbling blocks in to stepping stones. For more information call Cecelia Danas, CLSC, CFPC and Advanced EFT Practitioner at 321-794-7550.



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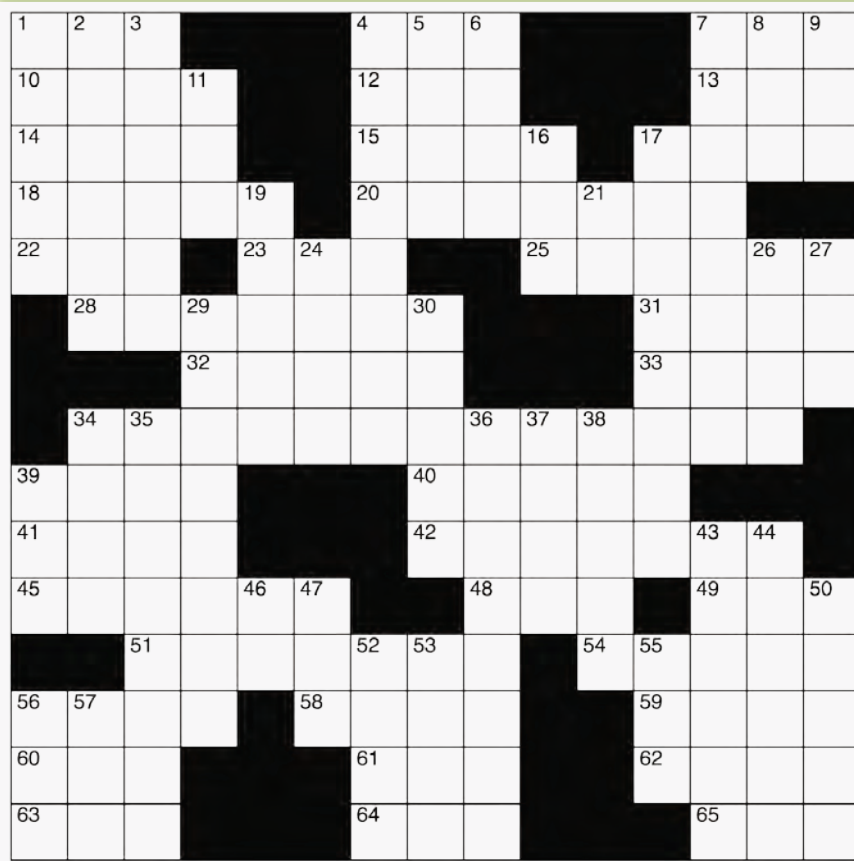
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# Spotlight Crossword Puzzle



## clues DOWN

1. Lower in esteem
2. Decays of a bone or tooth
3. Baseball legend Mickey
4. Words having no meaning
5. Rocky Boys Reservation tribe
6. \_\_\_ Shankar
7. Removal by striking out
8. Vase with a footed base
9. Carries our genetic code
11. Small coin (French)
16. AIDS antiviral drug
17. Ethyl Carbamate
19. Of Salian Franks
21. We
24. Ready money
26. Plant egg cell
27. Stray

29. They carry blood away
30. Where Indiana Jones found the Ark
34. Chief tributary of the Volga
35. What gets stolen on the internet
36. Cover with water
37. Father
38. Factory apartments
39. Ad \_\_\_
43. \_\_\_ pentameter
44. Most broken in
46. Midway between N and E
47. 7th Greek letter
50. She who launched 1,000 ships
52. Wheel centers
53. Geological times
55. Paddle
56. Scientific research workplace
57. Fiddler crabs

## clues ACROSS

1. Academy of Country Music
4. Company that rings receipts
7. An explosion fails to occur
10. Bleats
12. Opening
13. European sea eagle
14. River in Florence
15. St. Petersburg river
17. Longest forearm bone
18. Proper or original position
20. Epileptic spasm
22. Snakelike fish
23. Highest card
25. Blood-sucking African fly
28. Coats a porous surface
31. A layer or level
32. Kittiwake genus
33. Digs up in a garden
34. Freestanding cooking counter
39. Incline from vertical
40. External occipital protuberance
41. \_\_\_\_, MI 48749
42. Feed to excess
45. Pointed teeth
48. Fishing implement
49. Express pleasure
51. Grew choppers
54. 1916 battle
56. San \_\_ Obispo, CA
58. Halo around the head of a saint
59. Cain and \_\_
60. Behave in a certain manner
61. Hits the ball in various games
62. Get out of bed
63. Director Michael \_\_\_
64. Midway between S and SE
65. Cardboard box (abbr.)



# Don't Let the Flu Catch You!

As summer winds down and fall begins there is so much to look forward to –cooler weather, football season, comfort food and school activities. The downside to fall is the flu season is approaching. All of our activities mean spreading the virus among everyone we come into contact with. There are many ways to protect yourself from the dreaded flu, but your mainstay of protection is the influenza vaccine, aka The Flu Shot.

Each year the World Health Organization (WHO) collects information on circulating influenza viruses and how these viruses are spreading around the world to determine which strains of the virus are most likely to emerge. The United States Food and Drug Administration (FDA) uses this surveillance-based forecast from the WHO to make a decision on which influenza viruses should be included in our vaccine. The seasonal influenza vaccine always includes a virus from each

of the most common types of influenza viruses: Influenza A (H1N1) viruses, Influenza A (H3N2) viruses, and Influenza B viruses. In 2012, the FDA approved the first vaccination to contain four strains of influenza virus, adding a second Influenza B virus to the formulation.

A typical flu season spans from October to early May with the peak occurring in late December to February. It is important to remember it takes at least two weeks for immunity to develop; therefore early immunization is imperative. The vaccination is effective through the flu season, but yearly vaccination is necessary and the most important step in protecting yourself from the virus. The Centers for Disease Control and Prevention (CDC) recommends all persons aged six months or older receive annual influenza vaccinations. It is especially important those people with chronic medical conditions, pregnant women,



people 65 years and older, and those working in health care receive a flu vaccine.

Plan early to get your flu shot this season. The vaccination may be offered at your doctor's office, pharmacy, health department and urgent care clinic. You can go one step further and offer a flu shot clinic for your business by setting up a day your employees can receive their flu shot free or at a reduced cost. This will reduce the number of sick days and office-place epidemics that are so common each flu season.

Acquaviva's Pharmacy on Port Malabar Blvd. will be offering the seasonal flu vaccine beginning in September. If you would like information on receiving your flu shot or would like to inquire about a flu shot clinic please call us at 321 725-7188.

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# HEALTH FIRST DERMATOLOGY NOW OFFERING Non-Invasive Cosmetic Procedure—Ultherapy

*Dr. Larry Bishop and Dr. Anita Saluja Pleased to Offer New Non-Surgical Medical Ultrasound Treatment for the Face*

**Health First Dermatology now offers Ultherapy—the only FDA-approved ultrasound treatment to firm,** tighten and lift skin on the neck, brow and under the chin. Ultherapy is now available with Health First Medical Group physicians, Dr. Anita Saluja and Dr. Larry Bishop.

Ultherapy is a non-surgical cosmetic procedure for the face and neck that stimulates the body's own natural healing process to firm, tighten and lift the skin over time. Ultherapy is the only skin rejuvenation procedure that uses ultrasound to image and then treat the skin.

This ultrasound technology works deep below the surface treating the underlying layers of skin by delivering low levels of focused heat, leaving the surface of your skin undisturbed. The skin then responds by producing new collagen and elastin

resulting in a natural lift and tightening immediately, and over time.

With just one Ultherapy treatment, the lifting process is initiated, but the effect will build gradually over the course of two to three months as new, stronger collagen and elastin are created. In FDA clinical trials, patients reported firmer, tighter, better-fitting skin—along with smoother texture and more even skin color.

More than 100,000 Ultherapy treatments have been performed worldwide and Health First Medical Group Physicians Dr. Bishop and Dr. Saluja are pleased to be at the forefront of this state-of-the-art technology in facial rejuvenation.

To make an appointment for a consultation and to see if you are an ideal candidate for Ultherapy, contact

Dr. Saluja's office at 321-757-7995 or Dr. Bishop's office at 321-751-4485. For more information, visit [www.yourskinourcare.com](http://www.yourskinourcare.com).

*Founded in 1995, Health First is Central Florida's only fully integrated health system and employs more than 7,500 people and has four hospitals (including Holmes Regional Medical Center, Palm Bay Hospital, Cape Canaveral Hospital and Viera Hospital). Health First Health Plans also offers a wide variety of health insurance plan options for Brevard and Indian River Counties. In addition, Health First is home to Brevard County's only Trauma Center. Health First Medical Group is the largest multi-specialty physician group on the Space Coast. Health First offers numerous outpatient and wellness services, including four Pro-Health and Fitness Centers. Visit [www.Health-First.org](http://www.Health-First.org) for more information.*

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

A	C	M				N	C	R				D	U	D
B	A	A	S			O	R	A				E	R	N
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B	A	Y				S	S	E				C	T	N



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2. \_\_\_\_\_
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