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Seasons Greetings from the *Indian River* ANTIQUE MALL

Indian River Antique Mall has attracted customers from not only Melbourne, Florida

but from all over the State as well, and given them a shopping experience like no other.

The Customers and Antique Dealers at Indian River Antique Mall are like-minded people that appreciate the past. Lisa and Henry Olender have a lifelong love for the Antiques and Collectibles and the joy it brings them every day. At one point as Antique Dealers themselves, they had space in several different Antique Malls and made it a full time business out of it by buying and selling Antique and Vintage merchandise.



During the last several years Lisa has built three successful new start-up Antique Malls for someone else. In April 2014 she decided it was time to build her own Antique Mall in a theme and character of their choice that would set us apart from all others.

After an exhausting search they have landed in THAT perfect location on the Florida Space Coast finest; 1433 South Babcock Street, Melbourne FL 32901. This location met all of the criteria as well as being in a Beautiful and Very Busy location.

Indian River Antique Mall in Melbourne Florida has vast inventory in its 20,000 square feet of Antiques and Collectibles that change on daily basis. With over 100 Dealers in 155 Spaces bringing in merchandise every day, you can just imagine the large variety they have to offer our customers.

The Dealers are highly gifted and display their best Antique Furniture & Accessories, Shabby Chic, Retro, Industrial, Repurposed Antiques and Collectibles at a price you can afford. You can furnish your entire house in one trip. To help shape customer shopping experience, isles are wide, clean, brightly lit, with 20,000 square feet that's fully climate controlled.

What sets Indian River Antique Mall apart from many Antique Malls? They maintain the friendliest staff in the Antique business that is knowledgeable, helpful group of people to assist you through your shopping experience all the way to loading your car.

Here is a short list of Dealers inventory; Antique Furniture and Decorative Accessories, Vintage Furniture, Shabby Chic, Glassware, Primitives, Iron Garden Furniture and Accessories, Jewelry, Lamps, Midcentury Modern, Dolls, Vintage and Antique Watches, Paintings, Books, China, Porcelain, Chandeliers, and Pottery just to mention a few. You can honestly say, "yes, they have that."



Lisa and Henry Olender

Indian River Antique Mall and their staff look forward to your visit. They are open 7 days a week 10:00-5:30pm Monday-Saturday and Sunday 12:00 noon till 5:30pm.

New Dealers inquire within at 1433 South Babcock Street, Melbourne, 32901.

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy Holidays, Merry Christmas, Happy Hanukkah! Whatever your culture, your religion, your beliefs, your family traditions, I wish you well this holiday season.

Personally, I like to say, "Merry Christmas." My beliefs growing up were about a very special baby being born on Christmas Day. But however you celebrate, whatever you believe, during this Holiday Season, please enjoy your time with friends and family. The sands of time pass quickly, and none of us knows what tomorrow will bring; life has no guarantees.

On another note, and I can never say this enough, thank you to our wonderfully strong readership of Spotlight Magazine. Like any business, we have our ups and downs and challenges. I am so fortunate to have the experience again and again of people walking up to me and expressing thanks for the type of community publication we are providing. I can say that at these times my heart just melts inside to hear how we are making a difference in our community. Yes we are a business and want to earn a buck, but it is not always about the almighty dollar; it is about helping people. Your encouraging words and support are well noted.

Okay, I'd better get going because I really want to pull out my Charlie Brown Christmas tree and put it on my work desk. I know, it shouldn't take too long to decorate, since it only has one red Christmas ornament!

Until next month, God Bless!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
December 2014 | Volume 17 | Issue 12

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FRONT COVER:

Jennifer Helin & Rosemary Barton of Seniors Helping Seniors. Thank You to The Petite Boutiques of Downtown Melbourne for allowing us to use their business for the front cover photograph.



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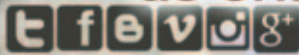
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THE UNUSED POTENTIAL OF RECEIVING GIFTS

by Jim Campbell, First Baptist Church of Melbourne

I happened across an amazing stat the other day that is pretty relevant for this time of year. \$10 billion of gift card money goes unused every year...wow. I think there's a lot of things I could get done with \$10 billion every year, if no one really wants that. We think that's kind of crazy to just leave money laying there, but the reality is as Christians, we do this all the time.

All the time, God is giving us gifts of blessings. Maybe, we've been praying for something to happen in our career or a situation to be resolved in a relationship or a financial situation, and then God comes through. Sometimes, it's more behind the scenes, and we just pass by it almost obliviously because we thought we got lucky or fortunate and don't even consider that God did it at all. Even at the times we completely realize the gift that God has given us at the moment, we can leave a big part of the gift unclaimed. How? In taking the time to reflect on it and give thanks to Him for it.

When we take time to thank God for things, it causes us to analyze all that it took to make that particular thing happen. It reminds us that God can do things in situations that we can't do and although, we are not in control, He is and is Someone that we can go through. As Christians, it increases our faith in multiple ways. Since God came through all those barriers, we can trust Him to come through on bigger things. It increases our "faith stamina" to wait on God next time, when the answer seems longer than usual.

So many times, the reason that we give up on God is because we've left millions of "gift card" dollars in blessings unrealized is because we haven't thanked God and created a mental history list of all the things He has done. 1 Thessalonians 5:18 says "in all things, give thanks" and that's not just to recognize God, but God has made it so that it builds us up in doing so. When you have that history, it reinforces you in tough times, when the answers take longer to come, and it keeps your mind at ease, because you know, that God has a plan...just like He had a plan since the beginning of time to send His Son as His gift to the world and that's why we are giving each other gifts at this time of year.

The next time you get a blessing from God, or a gift card, make sure you take the time to get all the dollars out of that "gift" and don't let your blessing be a crazy statistic that goes unclaimed and unused.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or www.baywestchurch.org.



"When we take time to thank God for things, it causes us to analyze all that it took to make that particular thing happen."

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Explaining 401(k) Fees

Many men and women are aware of the importance of retirement planning, and that awareness leads many to enroll in employer-sponsored 401(k) programs. When perusing their quarterly statements, men and women may notice they're being charged certain fees, which can add up over time, prompting some investors to wonder just what they are paying for.

INDIVIDUAL FEES

Individual fees may or may not be charged each quarter, as these fees are typically only instituted when the account holder initiates certain processes, such as taking out a loan on his or her 401(k). Such actions incur fees, and it's



important that investors know just how much those fees are before taking any actions with regard to their accounts.

INVESTMENT FEES

Investment fees, sometimes referred to as investment management fees, tend to be the most expensive fees. These are the fees you are paying the company who handles your 401(k) to manage your funds, and they typically are assessed as a percentage of assets invested, meaning the more your 401(k) grows, the more you will pay in investment fees. These fees are automatically deducted from your investment returns.

ADMINISTRATION FEES

Typically noted as plan administration fees on your quarterly statements, administration fees are the costs associated with the day-to-day operation of your plan. Record keeping, accounting, legal and trustee services are all paid for under the umbrella of administration fees. Account holders now get more bang for their bucks with regard to administration fees, which typically cover electronic access to plan information, daily valuation and online transactions in addition to the services that have been provided for years.

When considering fees associated with their 401(k) retirement plans, it's important that investors recognize these fees will escalate as their investment returns increase. Recognizing that and budgeting for such fees is an important

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Seniors Helping Seniors® in Brevard and loving it!

Jennifer Helin and Rosemary Barton, the mother and daughter team of Seniors Helping Seniors®, are looking forward to celebrating the holiday together with all of their senior Providers. “The seniors that work with us are who really make our business what it is. They make a connection with our clients that only comes from life experience. We hold a luncheon every December in order to applaud them for all they do.” said Rosemary. Jennifer and Rosemary have much to be thankful for this season, enjoying a growing business with a solid reputation within the community.

This year they are taking the annual luncheon up a notch. “We are focusing

more and more on giving back to the community that has been so supportive of us”, said Jennifer, “so we decided to make this luncheon a party with a purpose.” This year they will be helping even more seniors by hosting their luncheon at Pizzeria Uno’s and using the proceeds as a “dough raiser” for a non-profit. They chose Helping Seniors of Brevard County (HSOBC) and invited president, Joe Steckler and Information Specialist, Kay Keyser to attend. “Working with Joe as a board member, I wanted our senior providers to have the opportunity to



Jennifer Helin & Rosemary Barton

hear about the wonderful things HSOBC is doing so that we can help spread the word. It’s about us all working together to make Brevard a great place for seniors.” said Jennifer.

Seniors Helping Seniors® provides in-home care for seniors, by seniors. Services include transportation, light housekeeping, meal preparation, companionship, and more. “We try to be flexible to meet our client’s needs and spend time listening to see exactly how we can be helpful.” said Jennifer, “but our real strength is in the service our seniors provide. These ladies and gentlemen go above and beyond on a daily basis to make sure our clients are well cared for.”



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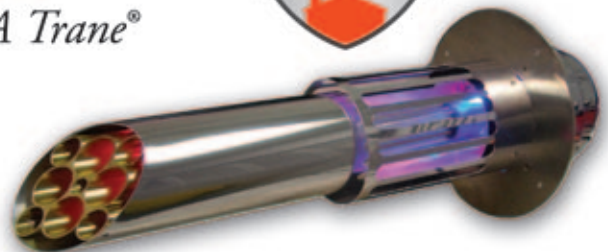


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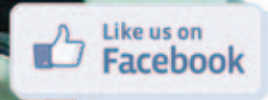
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HOLIDAY SURVIVAL SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



The holidays seem to come earlier and earlier every year -- and along with them, the stresses and strains of frenzied holiday shopping. Take a stroll through your local mall, and you'll already see symbols of the approaching holiday season -- from Thanksgiving and Christmas decorations to notices of blowout sales. As your muscles tense with each passing day, the American Chiropractic Association (ACA) asks, "Are you ready for the holiday shopping challenge?"

So relax and enjoy the holidays! Dr. Bautch and the ACA encourage you to consider the following tips to help keep you and your loved ones healthy, happy and safe this season.

Treat Holiday Shopping As An Athletic Event

Stay hydrated! Drink eight to ten 8-ounce glasses of water a day. (Coffee, tea, soft drinks and alcohol are dehydrators. Don't substitute them for water.)

Stretch before and after a long day of shopping. When you are stressed-out, your muscles are less flexible than usual.

Wear shoes with plenty of cushioning in the soles to absorb

the impact of walking on those hard shopping mall floors.

Leave your purse at home. Wear a light fanny pack, or if necessary, a light backpack instead. Pack only those items that are absolutely essential (driver's license, credit card, etc.).

If you start to feel some pain, nip it in the bud. Apply an ice bag to the affected area for 20 minutes, then take it off for a couple of hours. Repeat a couple of times each day over the next day or two.

Plan Frequent Breaks Into Your Shopping Day

During a day of heavy shopping, most people should take a break every 45 minutes. Those with less stamina may even need to take breaks more frequently.

Plan trips to your car. Don't carry around more than is absolutely necessary at one time.

"We actually need to eat better than normal during the holiday season," explains Dr. Bautch. "On average, people gain five to six pounds during the holidays. And heart attacks occur more often during the holidays as well. Eating a heavy meal and then running out on an exhausting shopping trip can be very dangerous."

"Shopping with children is just a bad idea," says Dr. Bautch. "If your hands are loaded with shopping bags, you may not be able to hold your child's hand, which could increase the chances he or she might wander away from you. Take whatever steps necessary to not have to bring your child along."

Wrapping Your Gifts

Since there is no "ideal" position for wrapping gifts, the most important thing to remember is to vary your positions. For example, try standing at a table or countertop for one package, sitting on a bed for another, sitting in a comfortable chair for another, etc.

Do not wrap packages while sitting on the floor. Wrapping packages while sitting on a hard floor can wreak havoc on your posture, and should be avoided.

Always stretch before and after you wrap gifts.

Chiropractic Care Can Help

If you experience pain or discomfort as a result of holiday shopping, consider a visit to your Chiropractor. Your Chiropractor can help alleviate your pain naturally, so you can enjoy the holiday season as it was meant to be.




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HOLY HOLIDAYS

by Matt & Keri Hastings, Pastors, Tullahoma, TN
for Larry A. Attig, Pastor, Melbourne First Church of the Nazarene

Nothing says the love of Jesus like His followers berating people for saying "Happy Holidays" instead of "Merry Christmas." In Now, before you pass judgment, let me explain.

I take the call to love others seriously. I've certainly gotten it wrong on many occasions. I can recall plenty of missed opportunities to share His love. But during the Holiday season, when everyone seems to be a little more kind to one another, many Christians use this as their chance to try and set the world's theology right.

I overheard someone yelling about the hand basket this world is in and where it's going. It was embarrassing. At first, I was embarrassed for the clerk at the customer service counter. Then the patron said, "And don't give me that 'Happy Holidays' bologna either. Jesus



is the reason for the season, so you should be telling these people 'Merry Christmas'!" At that point, I was embarrassed for every Christian on the face of the planet. And by the way, the word wasn't bologna.

Now listen, I like to hear "Merry Christmas" too, but I don't get so bent out of shape that I come unglued at complete strangers. In fact, I don't get offended at all. Do you know why?

We don't possess the power to take Christ out of Christmas.

Jesus is Christmas. Besides, He does not belong to anyone. We belong to Him. He is a gift for everyone. No matter their faith. No matter their religion. No matter their creed. Jesus came for all.

How will this world know Jesus is the way to God? How will they see that He alone is the answer to the destruction and brokenness of our world? I don't believe people will fall on their knees and ask forgiveness after we berate them about saying "Happy Holidays" or ranting about what's wrong with the world. It seems all of the posts and "discussions" on social media regarding politics, faith and Christmas seem to turn vitriolic. Bitterness isn't a spiritual gift, but it sure comes easy.

I don't find much any good fruit from this kind of behavior. Jesus is not our weapon to wield. He is Hope. He is Love. He is Joy. He is Peace.

I do see good fruit in our world though. I see kind, caring, passionate Christians, reaching out in their circles of influence to share love; a love that they do not possess or own. This love, that was God's idea in the first place, is the way people will see the baby Jesus this season.

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MERRY CHRISTMAS





DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we want you to spend eternity with us!"



"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,
Why do Christians seem so intolerant of other people's choices? I say live and let live.
-Barry of Palm Bay, Florida**

Dear Barry,
If you saw a blind man stepping out in front of on-coming traffic, would you stand there and watch him get hit...or would you run after him, yelling for him to stop and if necessary, tackle him to the ground?

We were created by God to have everlasting life with Him. But after sin entered the world, we were separated from God and that's why Jesus came. He became the bridge between mankind and God the Father. Jesus paid the price for the sins of the world when He was crucified at Calvary. His death—and resurrection was the final victory over Satan. All we're required to do is: repent (turn from our sins) and ask Jesus to come into our lives and be our Lord and Savior.

After this life, we will live forever in one of two places—in Heaven **with** God—or in Hell **without** Him.

In John 15:12, Jesus said, "This is my commandment, that you love one another, just as I have loved you"...and that's just what we're doing—loving you, because we want you to spend eternity with us!

**Dear Val,
I suffer from depression every Christmas and with each passing year, it gets progressively worse. I had a great childhood and I still cherish memories of: family gatherings, candle-light services, and holiday baking. Unfortunately, most of my family is deceased or has moved away and now, everything connected with Christmas seems negative. I'm tired of spending money that I shouldn't spend—to buy gifts for ungrateful-people that don't need anything. And I hate watching people fight over parking spots or merchants taking my hard earned money—then forbidding their employees to say, "Merry Christmas". Do you have any suggestions that will help me get through the season?
-Thelma of Melbourne, Florida**

Dear Thelma,
You're not alone; many individuals suffer from depression during the holidays. Sometimes, it's because we experience higher levels of stress during this time of year, which is further complicated by the shortened days of the winter months. You've stated that most of your family is deceased or has moved away. I'm not a psychologist; however, I believe some of your depression is because you yearn for the Christmases of your past and naturally, you miss your loved ones. In addition, **we've** allowed secular influence to over-shadow—and corrupt—our celebration of Christ's birth. It's time, for many of us, to re-evaluate our traditions and reclaim our Holy-day. Why not start by adopting a few new traditions? Here are a number of ideas:

1. Join a group (or organize your own) and go caroling at a local nursing home.
2. Host an intimate dinner party for individuals that would otherwise be alone during the Christmas holiday.
3. Adopt a family in need and bring food for their Christmas dinner and/or gifts for their children.
5. Many churches in the area offer Christmas programs, i.e. The Joyful Winds Jubilee, Dec.13th, 5-7 pm, at Trinity Episcopal Upper School-Pineda Campus.
6. Invite a group over for hot-cider and desserts then drive through Wickham Park and enjoy the beautiful Christmas lights.
7. Serve at a homeless shelter—the warmth of a smile means so much to them.
8. Pick up a few "shut-ins" and bring them to a candle-light service on Christmas Eve.
9. Visit "Bethlehem Walk" at: Our Father's House in Satellite Beach. Dec. 12-14th, 6-8:30 pm.
10. Outreach ministries, for example: Samaritan's Purse, Salvation Army (bell ringing), gift wrapping, etc.

Whatever new traditions you choose to embrace, remember to stay focused on Christ. And don't allow Satan to steal your joy as we celebrate the birth of our beloved Savior. Rejoice! Rejoice! ... Emmanuel...Our God's with us...Sing all is well!

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.



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MERRY CHRISTMAS SPOTLIGHT ON COOKING

by Cecelia Danas



This month recipe was always a part of Christmas when I was a child growing up. When I found it in my mom's recipe book, it reminded me that Christmas was ALWAYS ABOUT THE FAMILY SHARING A MEAL TOGETHER. Even if there were arguments with family members it stopped for Christmas was ABOUT THE LOVE OF FAMILY, GOD AND FRIENDS. May your Christmas be blessed with peace, love and prosperity. Enjoy! Remember — Be Creative!

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

Zeppole (Italian Donuts)

- | | |
|-----------------------------------|--|
| 2 quarts vegetable oil for frying | 1 1/2 teaspoons white sugar |
| 1 cup all-purpose flour | 1/4 teaspoon vanilla extract |
| 2 teaspoons baking powder | 1 cup ricotta cheese |
| 1 pinch salt | 1/2 cup confectioners' sugar for dusting |
| 2 eggs, beaten | |

1. Heat oil in a deep-fryer to 375 degrees. golden brown, about 3 to 4 minutes. Drain in a paper sack and dust with confectioners sugar. Serve warm.
2. In a medium saucepan, combine the flour, baking powder, salt and sugar. Stir in the eggs, ricotta cheese and vanilla. Mix gently over low heat until combined. Batter will be sticky.
3. Drop by teaspoons into hot oil a few at a time. Zeppole will turn over by themselves. Fry until

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A Match Made in Heaven?

Calvary Chapel Melbourne & Light Up Viera

How did Calvary Chapel Melbourne become involved in Light Up Viera? It's a poignant story filled with God's perfect timing and orchestration...

During the summer of 2013, CCM's Viera campus made an unfortunate discovery. Oktoberfest, sponsored by Viera Company, was scheduled for the exact same weekend as CCM's highly successful Fall Fest, a family-friendly Halloween alternative for the community. To contemplate possible solutions or maybe even a partnership, a meeting was scheduled with Joane Dowd, event architect for Viera Company. God's subtle plan began to emerge during this meeting as plans for the Light Up Viera Holiday Parade were presented. By the conclusion of the meeting, it was decided that Fall Fest would take place at the Melbourne campus, and CCM Viera would purchase a float for Light Up Viera!



Cathy Heinz Photography

Planning for the grand event continued, and the need for hundreds of volunteers became obvious. Joane reached out to Calvary Chapel Melbourne for help, and we accepted. The rest, as they say, is history.

That's the HOW, but more importantly is the WHY...

Why did Calvary Chapel Melbourne become involved in Light Up Viera? It's very simple... Following God's ultimate

example, we love...so we give.

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16

The greatest gift of all came from God to us through His son Jesus. God LOVED... so He GAVE. And what better gift to give during the Christmas season than the gift of ourselves? When CCM learned of the great need for volunteers at Light Up Viera, we were compelled to help. By giving of our time, we live out our calling to "Love God and Love People." For Calvary Chapel, it's all about giving of ourselves – first to God and His plan, and then to people and their needs. If you would like to learn more about Calvary Chapel Melbourne, please visit calvaryCCM.com.



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photos courtesy of Artificial Ice Events

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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.

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HOW HACKERS ARE ATTACKING RETAILERS (AND YOU!)

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

While it may seem like it's all of the sudden, retail chains have long been preferred victims for hackers, primarily because they can gather huge swaths of personal information if they are successful. In the past, the company's large storage servers and internal systems were the targets; that's what's changed and led to the increase in high-profile retail hacks.

Sophisticated criminal groups have created and widely distributed malware that can infect the cash registers or PoS (Point of Sale) terminals used by just about all retail businesses. If they can gain access, they are able to plant something called a RAM scraper that captures credit card and debit card information that is stored on the magnetic stripe on the back of the cards when we swipe our cards.

Capturing the 'mag swipe' data allows the thieves to create bogus cards that include additional security information not available if they just got the credit card number. This makes what they steal much more valuable on the black market, especially when they can grab tens of

millions of cards before the exploit is discovered.

The Department of Homeland Security has posted several advisories for the 'BackOff' PoS malware that is responsible for most of the hacks you're hearing about. They estimated that over 1000 businesses were likely infected and most were probably unaware that they are infected because the malware was easily evading most antivirus detection methods.

Most major antivirus companies have added Backoff malware detection capabilities to their systems, but it's very likely that the hackers will continue to alter their code to continue the cat and mouse game with antivirus programs.

What should be of particular interest to everyone, not just large scale retailers, is how hackers are gaining access to these protected systems. The Secret Service has confirmed that the majority of breaches occur through commonly used tools that allow for remote access. Popular remote access tools from Microsoft, Apple, Google and LogMeIn are being exploited



through 'brute force' attacks (massive high-speed password guessing attacks), which means that ANYONE using these tools for ANY purpose could be victimized.

Remote access tools are extremely productive both personally and professionally, so if you're using them, here are some tips for reducing your exposure to these aggressive attackers:

Turn off remote access systems that aren't absolutely necessary

Increase password length to at least 15 characters or more to make brute force attacks too time consuming (explained in detail here:<http://goo.gl/vHyhFX>)

Turn on Intrusion Detection and 2-Factor authentication when available

Use non-standard port settings to bypass known defaults

Use antivirus that has a live protection service to stay protected from new threats

Don't ignore systems that have noticeably slowed down; this is often an indication of infection

For high security situations, consider replacing remote access with a VPN (Virtual Private Network)

Businesses should rely on their IT departments or IT vendors to make sure these technical issues have been reviewed.

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not pay taxes on their contributions to those accounts until they begin to withdraw money in retirement (prematurely withdrawing money from a 401(k) will incur taxes and fees). But men and women who open a Roth IRA pay their taxes up front, meaning they won't be paying taxes down the road when they withdraw money in retirement. Each type of IRA comes with its own set of rules and restrictions, including contribution limits and eligibility requirements based on earned income. In addition, men and women with a traditional IRA must begin to withdraw their money by the time they reach age 70.5, while those with a Roth IRA can leave their money in their accounts as long as they please.



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DR. JAMES MCMANUS CONTINUES THE TRADITION OF THE CHRISTMAS CATARACT

In the spirit of the Holiday season, Dr. James McManus seeks to give the gift of sight to an individual in need.



James N. McManus, M.D., Board Certified Ophthalmologist and Cataract Specialist at The Eye Institute for Medicine & Surgery, wants to give a very special gift to a resident of Brevard County this Christmas season: **the precious gift of sight.**

Dr. McManus will be continuing the tradition he created, known as "The Christmas Cataract," which he describes as, "a happy ending waiting for your story." Dr. McManus wants to encourage Brevard County residents who may be experiencing vision loss due to cataracts, who are uninsured and in need, to visit his website, **TheChristmasCataract.com**. There are instructions on the website explaining how an individual or their loved one can share a photo and their story describing how vision loss has impacted their life and how they believe their life could improve if their vision was restored.

"Poor vision associated with cataracts can have a profound effect on all aspects of a person's life,"



James McManus, M.D.

according to Dr. McManus. "It can prevent a person from working, from taking care of loved ones who depend on them, or even performing daily activities that most of us take for granted."

Cataracts are a clouding of the natural, clear lens inside the eye. Cataracts are usually age related but may occur due to heredity, the presence of certain systemic illnesses, the use of certain medications, trauma, or other factors.

For a period of time changes in one's eyeglass prescription may improve vision to an acceptable level. However, once a cataract progresses past a certain point, vision and a person's ability to do the things they need to do on a daily basis begin to become compromised. At this point surgery is usually the only viable option to improve vision.

Dr. McManus is pleased to continue this sight restoring program that he created and that he hopes to continue for many years to come. "Brevard County has been a wonderful place to live, to raise a family and to practice medicine. I want to give back to the community that has been so good to my family and me," states Dr. McManus.

Unfortunately, not everyone who submits their story will be eligible for the surgery due to such factors as the presence of other eye conditions or a health status that would indicate a contraindication to outpatient surgery. Dr. McManus will review all the entries and carefully determine the individual most likely to benefit from cataract surgery. Happy Holidays and good health from the Physicians and Staff of The Eye Institute for Medicine & Surgery.



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Sudoku answer key will be provided at SpotlightBrevard.com the 20th of each month. Website/on our Menu Bar/Spotlighted/Sudoku Contest/Answer Key

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Win a \$25 Gift Card to Nature's Market (pg16)

OUR WINNER LAST MONTH WAS
Rick Heilig of Rockledge

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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: Sudoku, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

Make it the **Best Holiday Season Yet**



Are you ready to Rock Your Holiday Sales? This holiday season it is projected that consumers will increase their spending by 3.5%. Once we get past the big shopping days that kick off the season – Black Friday, Small Business Saturday and Cyber Monday – What’s your plan to ensure the shoppers continue to shop with you?

Here are 3 action steps you can take so you will have plenty of new and existing customers visiting your store or shopping online throughout the holiday season and long afterwards.

ACTION STEP 1

Determine how people are learning about you. Word-of-mouth is usually the biggest driver of

new business however the Internet has changed how businesses are now found; 84% of shoppers will use a digital device when planning their holiday shopping. You need to check out your online channels by performing a search for your business. This will show where and how your website is found, your social media sites and listings of your business on review sites. Make sure all information that is necessary to attract potential customers is up-to-date on each location.

ACTION STEP 2

Find out where your audience is hanging out. Today almost everyone is on social media, but it is imperative you know who your customer is and what channels they are on so you can get the word out to them about what you have happening in your business. Conduct a survey for your current customers and ask them where they would like to connect with you. Then, develop a strategy to get in front of them and potential

new customers, and create ways to keep them engaged throughout the season. It is also important to do a holiday makeover on your social media sites so they express the season and are warm and inviting.

ACTION STEP 3

Create a compelling offer. This will help you to get people into your store or onto your online store during the holiday season. Types of offers you can create to get shoppers to take action are; Coupons, Local Deals, Free Gift Wrapping, Free Shipping, or a Holiday Open House. What else can you think of? Remember to add value to each offer and be clear in the results you want to achieve.

Wishes for an Abundant Holiday Season!

Cheri Martin
Social Media Specialist
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December's CPA "Tip Of The Month"

Tis the season for giving between now and the end of the year. To make those donations even more beneficial, review the IRS rules for making your donations tax deductible. Visit my facebook page at: Phyllis D Smith, CPA, PA for IRS guidelines.



From L to R
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Alex Arebalo, Receptionist / Bookkeeping
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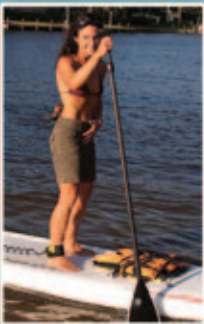
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Wow! What an Event!



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What an Event is ready to respond to the smaller needs as well as the larger ones. Let's say there is a gentleman from out of town who is coming to Florida to celebrate Christmas with family he hasn't seen in years. He might be renting an apartment or condo, but doesn't have the table settings for his guests. What an Event can come to the rescue, providing his dinnerware and flatware, even a large table, and beautiful linens!

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A Season for Giving All Year Round

RAISE SOME DOUGH JUST BY RAISING YOUR FORK!

It began with a man and his pan; The Uno® story begins in Chicago in 1943 when Ike Sewell developed deep dish pizza and opened a new type of restaurant at the corner of Ohio & Wabash. It was here that Ike served a pizza unlike any that had been served before, Buttery 'out-of-this-world' crust that had a tall edge like a fruit pie. Uno is proud to support the local communities it serves with their hugely popular Dough RaiSers program.

To date, they've donated more than \$4 million to deserving organizations! Last year the Melbourne location alone donated over \$200,000 to local charities. Uno Pizzeria and Grill in Melbourne has won awards within the Uno® company for the amount of money raised for non-profits here locally in Brevard County, along with outstanding customer service awards. They work with all types of groups: schools, sports teams, churches, national associations, scout troops, charitable causes, hospitals, the military and many more.

Some of the most memorable events were with AVET Project Inc., one of their military partners; they brought the US Coast Guard with their boat, the 920th Rescue wing with their Jet Skis, Red Cross, the YMCA and much more for a Drowning Prevention Event last June. They also helped with a Flashlight Easter Egg Hunt which was very cool. Coming up they are doing a Toy Drive on December 2nd for our military kids and Santa is coming to help.

Another memorable event was a Tip a Cop to benefit Special Olympics, our local officers acted as servers to raise money for Special Olympics. The Central Brevard Humane Society did a pet adoption, Suntree Elementary brought their mascot in, Harbor City Gymnastics had cartwheelers. The Viera Performing Arts Studio did a flash mob. One



of the differences about Uno Pizzeria and Grill in Melbourne, they encourage unique ideas and will brainstorm with you to create fantastic events.

Call or stop by their location at 8260 N. Wickham Rd in Melbourne, located across from the zoo. You can also call them at 321-255-1400 or go to unos.com to learn more about raising dough by raising your fork.



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Saturday, January 31, 2015 in Viera



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Want to be a HERO to a local abused or neglected child? Grab your cape and lace up your sneakers! The 2015 Super Hero 5k is a family friendly and chip timed race. We invite runners and walkers of all ages to dress as their favorite super hero and walk, jog, run, or fly to benefit the abused and neglected children of Brevard County.

100% of the proceeds go to local abused children and the Brevard Guardian ad Litem program through our 501c3 charity. We advocate for these children in the courtroom and in our community. We are a powerful voice for Florida's children.

Race starts at 8 a.m. at the Church at Viera with free kids run at 9:15 am. Early registration is \$25/Adults and \$15/kids. Super Hero Medals for 1st-3rd in each age group. Local mascots will race! Super hero race T-shirts--sizes guaranteed if registered by January 15. Post race super hero costume contest. Yummy post race refreshments from Pizza Gallery. Online registration, chip timing, and finish line managed by Running Zone.

SIGN-UP NOW @ RunningZone.com click on **EVENT CALENDAR**
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For more information about the race or sponsorship opportunities, e-mail us at: mail@FriendsOfChildrenOfBrevard.org



Keith Ried 321-720-3441



www.FriendsOfChildrenOfBrevard.org



www.facebook.com/SuperHeroRun5K

Every child needs a hero, abused children need a SUPER HERO

HAVE YOURSELF A MERRY LITTLE CHRISTMAS

CCM: Together, doing life RIGHT!

I have so many happy memories of Christmastime when my kids were young. We'd put the tree up and trim it. I'd made a huge collection of unbreakable stuffed felt ornaments, so nobody could get hurt. Some were little copies of our pet cats, who were the special tree trimming "helpers". The kids would put ornaments on the bottom of the tree and my husband and I would do the top. It still makes me smile when I think back on how easy it was to tell who decorated which section of the tree. We hung the lights and draped tinsel over the branches, and within a couple of days we'd start finding glittery bits in the cats' litter box (if you know what I mean, and I think you do).

Of course, there was the absolute necessity of copiously filling the shrubbery and trees in the front yard with miles of twinkling lights. There were never enough lights on the landscaping and porch to satisfy the kids. That first day at sundown when we turned them on, they were so overstimulated that they scampered around the yard like

crazy little monkeys. Similar to some kind of birthday party sugar-induced hyperactivity, we just had to let them run it off.

Like so many generations prior, there was a special Christmas dinner. In my house, there was always a succulent ham, sweet potatoes with marshmallows melted over the top, and all sorts of side dishes, brought to the house by dinner guests. And let's not forget the baked goods. The baking started just after Thanksgiving, with cookies, pies, and cupcakes galore. Do you remember having a jar of colorful Christmas hard candy on the coffee table, and all the pieces were stuck together, so you had to pry them apart to get the one you wanted? Stuck-together hard candy was a tradition in my family. Nobody really wanted it, but it simply had to be there anyway. It was expected.

Over and over, we watched the Grinch and Mary Lou Who, and Rudolph the Red-Nosed Reindeer and the Island of Misfit Toys. I must have seen these more than 150 times since my own

youth. What about the Little Drummer Boy, who finds his life changed forever when he meets three wise men en route to Bethlehem? And would it even be Christmas season without A Charlie Brown



Christmas and Linus's touching Luke 2:8-14 monologue as a reminder of the true meaning of Christmas?

It used to be that nobody thought twice about greeting strangers with a joyful "Merry Christmas!" Nobody minded crèche scenes in people's yards, or even in public places, because people understood that Christmas, by definition, was a celebration of Jesus Christ's birth. But these days, it seems as if more people are offended by more things; even things that they ought not to find offensive. Even so, on a personal level, we are still able to speak openly of Jesus and the Gospel message during the Christmas season. He's "the reason for the season" as everyone knows. We should take advantage of this "offense moratorium" while we still can.

Make it a point to talk to people about Jesus; about His message, His miracles, and His death and resurrection. Teach your kids and grandkids. Invite friends, family and neighbors to church. Most churches have a very beautiful and moving Christmas Eve service. Even people who wouldn't normally go to church can be enticed there on Christmas Eve. Perhaps a door of opportunity will be opened with someone you care for. As we read in Romans 11:33, "Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out!"

The Answer
 Christmas 2014

Christmas Eve Service Times @ Calvary Chapel Melbourne

2, 4, 6, & 8 pm	2, 4, 6, & 8 pm	4, & 6 pm
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Banking from **First Principle**

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

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

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

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

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



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

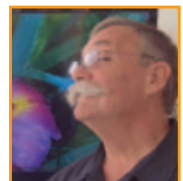
So, if you should ever want to know what real, hometown personal banking is all about, just drop in at 340 Harbor City Blvd. and enjoy the experience.

And, should you, or a loved one need hearing care, hearing aid service, or just have questions about hearing, or hearing instruments, we'd be tickled if, you'd drop us a call, at: 321-722-2894, or drop by our office any morning when we accept new and old walk in friends and let us show you what we mean by being Patient Centered, and Results Oriented.

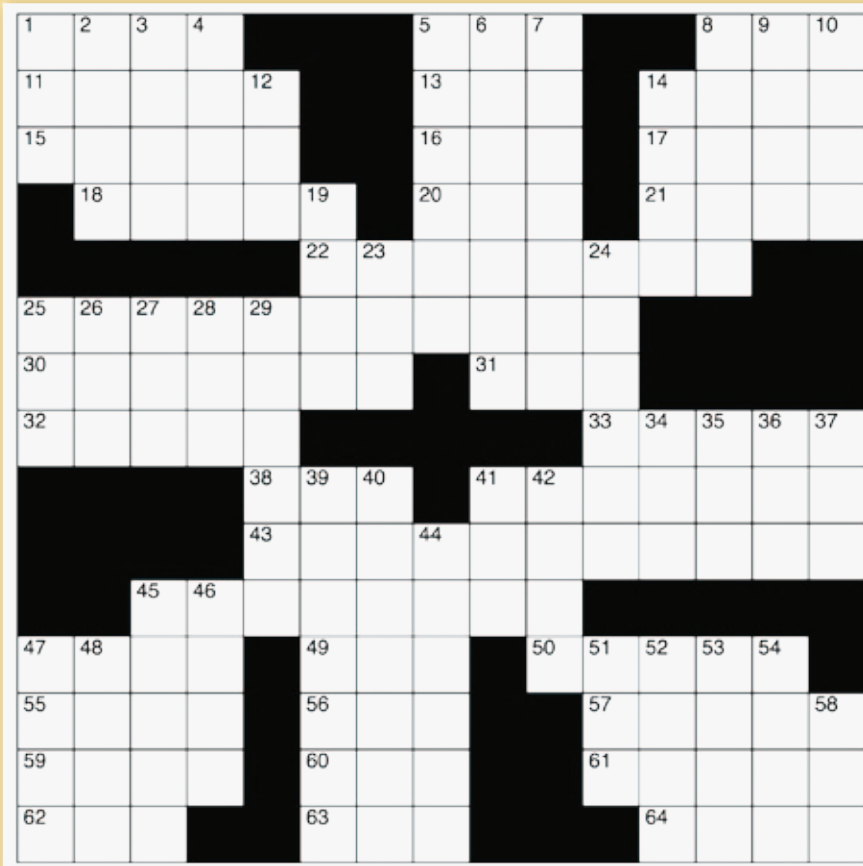
We've had the distinct pleasure of

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

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



Spotlight Crossword Puzzle



clues DOWN

1. Deaf signing
2. Fashionable
3. Girl's name meaning "snow" in Welsh
4. Unhearing
5. Heavenly body
6. About heat energy
7. New Jersey capital
8. Steel rope
9. Selling
10. Eurasian land rail genus
12. Point midway between S and SE
14. Disfigure
19. Sound unit
23. Volt-ampere
24. Mentally deranged
25. TV taping device
26. 4th Caliph of Islam
27. Musician ___ Lo Green
28. Golden state (abbr.)

29. Importune
34. A recess in a wall
35. Honorable title (Turkish)
36. Hairy coat of a mammal
37. Small amount
39. Arc of spectral colors
40. Oval
41. Gym floor padding
42. Used of tobacco
44. Overnight case
45. Volcanic craters
46. Tangerine grapefruit hybrid
47. Military leader (abbr.)
48. Enlarge a hole
51. Express pleasure
52. Bivalve mollusk
53. Philippine Island, city and harbor
54. Unreturnable serves
58. Malaysian Isthmus

clues ACROSS

1. Breezed through
5. What part of (abbr.)
8. Reciprocal of a sine
11. Moves suddenly
13. Household god (Roman)
14. Picasso mistress Dora
15. Old Italian monetary units
16. Brew
17. Especially capable
18. Coffeehouses
20. Not
21. Holly genus
22. Work done after 40 hrs
25. Immunization
30. More aseptic
31. The brain and spinal cord (abbr.)
32. Cambodian monetary units
33. Toward the stern
38. Wrath
41. Nicaraguan capital
43. Artifact recycling center
45. Injure severely
47. A steep rugged rock or cliff
49. Nothing
50. Bangladesh capital
55. Ground up corn
56. Measure of disc storage density
57. Smart ___: irritating
59. Persian dialect spoken in Afghanistan
60. Former CIA
61. Spanish auxilliary verb
62. ___ Titanic
63. Teensy
64. Banana genus

answers on page 44



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Matthew 6:33

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Shorter, High Intensity Workouts ARE ON TREND FOR 2015

Working out for hours on end is so two years ago. The new trend in fitness is to exercise for a shorter amount of time at higher intensity levels and with fewer rests.

The key is not to workout longer, but to work out smarter, says Jill Wattenbarger, Group Fitness & Personal Training Supervisor for Health First Pro-Health & Fitness Center in Melbourne. That's good news for those making fitness resolutions for the New Year.

According to the American College of Sports Medicine, the top three fitness trends

for 2015 are: Body weight training, High Intensity Interval Training (HIIT) and training with an educated fitness professional. All three programs can be found at Health First Pro-Health & Fitness Centers.

Educated professionals can help you plan a program that involves HIIT training in 20-30 minutes. These workouts are not advised for every day, Wattenbarger says, but rather two to three days per week maximum. Then on the other days of the



Keith Beiterley for Health First

Jill Wattenbarger (on left), Group Fitness & Personal Training Supervisor for Health First Pro-Health & Fitness Center, recommends working out with friends to have fun and stay motivated.

week, work out longer for endurance. Alternating the type of workouts ensures you're activating your slow-twitch and fast-twitch muscle fibers. Wattenbarger says it also helps avoid injury or overtraining.

She recommends changing up your exercise routine frequently. "Anything done over and over again the same way can get boring," she said. "Try a different exercise or even a new instructor to help change it up. If you are bored with your routine, this might be a great time to hire a personal trainer for a few sessions."

A certified personal trainer can introduce you to new exercise ideas to maximize your time in the gym or at home. Wattenbarger

suggests rounding up some friends for a small group training session. "Small group training is an affordable option that lets you spend fun, quality time with friends," she said. To learn more or to sign up for a Small Group Training session, visit myPHF.org.

Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. *Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next. A salesperson will be present with information and applications. For accommodation of persons with special needs at sales meetings call toll-free 1.800.716.7737 or TDD/TTY relay 1.800.955.8771. **One gift card available to all members who RSVP and attend a member information meeting with no obligation to enroll in a plan.

PUZZLE [PG42] SOLUTION How well did you do?



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Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

Win a Certificate for 1 Catering Box that feeds 10 people from Jersey Mike's Subs

OUR WINNER LAST MONTH WAS
James Lason of Cocoa Beach

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

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It's Time for Resolutions!

What Does God Have to Say?

The transition from December to January, one year to the next, is a time when many of us review and resolve. With good intentions we try and set goals and objectives for the coming 12 months.

Many people make healthy self improvement resolutions. Quitting smoking, quitting alcohol and/or drugs, exercising more, eating healthier (for general overall health or weight loss), more rest and/or sleep, making more time for family and God. These are all important and a good start.

Have you ever wanted to get your life lined up with God's purpose? The Bible says that there are two ways we need to see our bodies.

1. I Should See My Body As A Temple Where God Lives.

The Bible says "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own." (I Corinthians 6:19) It helps if you see your body the way God sees your body. He sees a temple where He lives.

2. I Should See My Body As A Tool That God Uses.

"Therefore honor God with your body." (I Corinthians 6:20) Take care of your body in such a way that it can reach



its fullest potential. It was created for one purpose, where you take it, how you treat it, what you put in it and what you do with it is all to glorify and honor Him. Amen

Need help with your healthy resolutions? Call Holistic Health Center. 321-549-0711 Holistic Dr. Kevin Kilday specialties: Lifestyle Changes, Diet, Addictions, Disease and Cancer Solutions.

Please see our advertisement on page 20



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