

COMPLIMENTARY
january 2017

spotlight

Keeping You in the Light

MAGAZINE

SpotlightBrevard.com



LOVE

**LARGEST
Bridal Event
of 2017**

**Sunday, January 22nd
pg12**

A Sophisticated
Bridal Showcase

pg3 » spotlight BUSINESS OF THE MONTH

one
insurance group, inc.



Premier Urgent Care



OPEN 7 DAYS • NO APPOINTMENT NEEDED

*A Family of Compassionate Doctors
Serving Our Community and Businesses*

ON SITE

- X-Rays
- Labs
- CT/MRI
- Ultrasound

MINOR EMERGENCIES

- Lacerations • Stitches • Cuts/Bruises
- Sprains/Breaks • Sports Medicine
- Orthopedic Injuries
- Pre-Employment & Sports Physicals
- Auto Injuries • Work Comp

(321) 242-SICK
(7425)

HOURS

Monday - Friday
8 am - 7 pm

Saturday & Sunday
8 am - 5 pm

LOCATED NEXT TO YMCA AT 6300 N. WICKHAM RD., SUITE 101, MELBOURNE, FLORIDA 32940

www.premierurgentcare.com

Obamacare Individual Health Insurance



Open Enrollment **Ending SOON!** JAN 31st



CALL TODAY!

You Must Enroll or Renew by Jan 31st, 2017

Call to Schedule an appointment with a licensed agent.

See if you qualify for a free or low premium plan & free gym membership!

No additional cost for our services.

To Avoid Tax Penalty in 2018, You Must Enroll by Jan 31, 2017



Your Health Insurance Specialists

Health First

FLORIDA HOSPITAL CARE ADVANTAGE

Humana

UnitedHealthcare

aetna

COVENTRY

Cigna

Melbourne 321-474-4825
300 West New Haven Ave, #102

Rockledge 321-474-9184
1193 Rockledge Blvd

South Daytona 386-846-3607
671 Beville Rd

Spotlight **BUSINESS OF THE MONTH**



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

As we ring in the New Year, our commitment to you, our readership, is that we will continue to bring a positive, uplifting, educational and entertaining publication to our community each and every month.

The start of a new year seems to be a good time to take a look back at what brought us to where we are today. With that thought in mind, I'd like to share with you a little about my humble beginnings with Spotlight.

Years ago, I started this magazine with just one piece of paper and a dream. After having worked a full day at Callagy Tire in Palm Bay, I would venture out as businesses were getting ready to close for the day, in an effort to secure some advertisers for my new publication. My job selling and delivering tires had nothing to do with publishing a magazine. With no journalism degree or any experience in this field, one might ask, what was I thinking? I am still frequently asked to share my story at a meeting or presentation. I always like to start out by saying, "Nobody said I could not start a magazine and I did not know any better, so I just went out and did it!"

To this day, I say the best part of my job is the wonderful relationships that have developed over the years with our advertisers, the people who work with me, and our most important customers of all, you our readership. Yes, it takes money to live in this world, but the best reward I have experienced is knowing that we at Spotlight Magazine are making a difference in people's lives. And for that alone, I am humbly and forever grateful!

May God continue to bless you this upcoming year. Happy 2017!

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
January 2017 | Volume 20 | Issue 01

Call for Affordable Advertising Rates.
TEL 321-961-3636 | FAX 321-725-2093
DEADLINE IS THE 20th OF EACH MONTH
advertisingSpotlight@yahoo.com
P.O. Box 1197 Melbourne, FL 32902
spotlightbrevard.com

Publisher / Editor
Bryan McDonough

Art Director
Rena K. Seibert
renadesigns.com

Ad Design
Richard Lewis

Contributing Writers
Jim Campbell,
Dr. Deanna Carlisle,
Cecelia Danas, Bill Ford,
Valerie Oliver, Dan Taylor

Cartoon Corner
Jake Estrada

Marketing Director
Bryan McDonough

PROUD MEMBER OF
Melbourne/Palm Bay Area Chamber of Commerce
Beachside Referral Network
In His Name Networking Group



Copyright ©2002 by Spotlight Magazine, Inc.

Spotlight does not knowingly accept fraudulent or misleading advertising. Liability for the contents of all advertising and for any claims that may arise therefrom is the sole responsibility of the entity placing the advertisement. Publication of an advertisement does not constitute endorsement by *Spotlight*, nor is publication of a specific advertisement ever promised. All advertisers are responsible for proofing their own ad and giving consent to print. The publisher has the right to refuse advertising. **Please Note:** The State of Florida requires that all contractors be registered or certified. All Real Estate advertising in *Spotlight* is subject to the Federal Fair Housing Laws. *Spotlight* will not knowingly accept any advertising for real estate which is in violation of these laws.

ALL ADS AND ARTICLES IN THIS PUBLICATION ARE COPYRIGHTED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR USED IN ANY FORM WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER.

inside the Spotlight

january 2017



FEATURES

- Make the Year Ahead Clutter-Free** 11
- The Largest Bridal Event of 2017** 12
- 4 Foods That Can Boost Energy Levels** 14
- Do Your Head Lights Have a Cloudy Appearance?** 18
- Resolutions** 19
- Unlock the Potential of You in 2017** 33

departments

- "I WILL CHOOSE"** 7
- SPOTLIGHT ON ACCOUNTING** 5
- SPOTLIGHT ON CHIROPRACTIC HEALTH** 17
- DEAR VAL,** 21
- SPOTLIGHT ON COOKING** 23
- SPOTLIGHT ON COMPUTING** 27
- "SOUTH BREVARD'S HISTORY"** 38
- "PEACE OVER PLEASURE"** 39
- "FEAR OR FAITH FOR THE NEW YEAR"** 41
- SPOTLIGHT CROSSWORD PUZZLE** 42
- "HEALTH FIRST GIVES BACK FOR THE HOLIDAYS"** 44

NATURES MARKET HEALTH FOODS

NEW STORE HOURS

NEW
FRESH
LOCAL
PRODUCE
DEPARTMENT

7 DAYS A WEEK

8AM - 8PM

GRAB
& GO
MEALS
WRAPS
AND MORE

SUPPLEMENTS
PROTEIN
PET SUPPLIES
BODY CARE
WEIGHT LOSS
BULK FOODS
GROCERY



FROZEN
DAIRY - DELI
JUICE BAR
HOT BAR
SALAD BAR
BEER & WINE
GLUTEN FREE

JAN 21ST - 2017

I'M LOSING IT

WEIGHT LOSS CONTEST

**SIGN - WORK OUT - WIN
FROM YOUR LOCALLY OWNED
NATURAL HEALTH SUPERSTORE**

FREE TO ALL - SIGN UP AT NATURE'S MARKET HEALTH FOODS

701 S. APOLLO BLVD MELBOURNE 321-254-8688

WWW.NATURESMARKETMELBOURNE.COM



I WILL CHOOSE

by Jim Campbell, First Baptist Church of Melbourne

It has been said that we are the sum of our decisions and reactions. We choose an action and experience the consequence and then choose reaction, and so on and so on and so on. Many times, it's easy to blame our lives or circumstances on others, but the reality is that most of our situation is determined by how we choose to react.

In our culture, we have this defense mechanism, it's called "_____ made me". It's easy. If someone cuts me off, they made me mad. If someone says something mean, they made us sad. The actions of another forced us to make a choice, so we can theoretically be absolved of any consequence to the action. If I yell at them... their fault. If I have a terrible day because of a comment, they did it. While that's nice, it's not accurate and honestly, it's a damaging philosophy to have.

Our feelings do not absolutely determine our actions, our choices do. If someone cuts me off in traffic and I become angry, that was my choice to deal with the situation. I may make it quickly, but I make it, there is no mistake about it. Just as surely as someone chooses their action to me, I choose my reaction to them, whether I want to admit it or not.

In our lives, we default to an action, and many times, without thought, it doesn't go well. In

fact, when you consider it, why would we ever think that doing something without thinking ever would? It's interesting that while we end up agonizing over what to wear or what to eat at a meal more than some serious, high-level interactions and choices that shape our lives in a greater way.

One of the greatest things about being a Christ follower is that we have the capacity to seek God for wisdom for the right direction in every situation, which gives us a choice that is eternally positive no matter where you are. It's a hard drive of wisdom that is infinite. Packed within that, there are so many Biblically based decisions principles that we could implement immediately that could make all the difference in 2017.

I don't do this much, but I'll be discussing 4 of these decision principles at Bay West Church starting on January 15th...catch our podcast or come by. Either way, I hope that you look to choose to improve and invest in your relationship with Jesus in 2017. Make your mark. Decide "I will choose".

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.



"Many times it's

easy to blame
our lives or

circumstances on
others, but the
reality is that most
of our situation
is determined by
how we choose
to react."



HORIZON HEALTHCARE INSTITUTE

START A NEW CAREER!



3716 N. Wickham Road
Suite #2
Melbourne, FL 32935

- Home Health Aide
- Nursing Assistant (CNA) 120HR
- CNA Refresher
- Practical Nursing (LPN)
- CPR / First Aid Certifications
- Continuing Education Updates

Contact Us: (321) 914-4533
www.HorizonTechInstitute.com



Digital Cinemas • Luxury For Less • Stadium Seating

\$4
Mornings

Your HOMETOWN theater
in the beautiful
OAKS PLAZA

\$5
Tuesdays

1800 W. Hibiscus Blvd.
Melbourne, FL 32901



Oaks10.com (321) 953-3200

YOUR #1 REMODELING SPECIALIST



Residential & Commercial
Specializing in Bath & Kitchen Remodeling.

*Other services include; New Construction / Additions,
Screen & Florida Rooms, Windows & Doors, Soffit
& Siding, Interior / Exterior Painting, Flooring, etc ...*



We are a family owned & operated company with over 20 years experience.

GotSkyden.com

Licensed Bonded & Insured

321-684-0251



See our Reviews on **facebook**
CBC#1259579

Happy New Year!



*We are looking forward to
seeing you in 2017!*



ABETTERCOPY.com

321-723-9925 | 102 East New Haven Ave, Melbourne

•••Mention Spotlight Magazine and receive 10% OFF any purchase•••

«INTEGRITY»

Medical Hearing
Reconnect with what matters most this New Year!

Try the latest in hearing aids 30-Days **Risk-FREE**
Will Match or Beat competitors pricing on equivalent products!

Buy One, Get One FREE*

*On Solution #4 products Only

\$500 OFF
ALL WIDEX Products*



* See Office for details Not valid on any prior specials



FREE
Hearing Impaired Phone
No Purchase Necessary!
Just come on in!

Come in for a **FREE** hearing evaluation, consultation and demonstration
12 months No Interest, Payments as low as \$35 a month

Two Locations

1400 Palm Bay Rd NE
Palm Bay, FL 32905
321-723-0933

306 East New Haven Ave
Melbourne, FL 32901
321-327-6922

Formally Sound Hearing Center

Next to Sublime Sweets Downtown Melbourne

IntegrityMedicalHearing.com

Sublime Sweets



NOW AVAILABLE
Ice & Pairing Wines



Premier Hand Made Chocolates

Monday - Friday 10am - 5pm
Saturday 10am - 2pm

321-220-8929

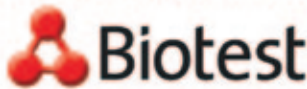
306 East New Haven Ave
Historic Downtown Melbourne

SublimeSweetsShop.com

Daily Specials / Check Facebook & LIKE US!



We guarantee the best donor fees in our marketing area!



From Nature for Life

SUPERHEROES WANTED



Earn as much as \$350 this month & \$100 this week!

Donate life saving plasma. You have the power to save lives!

Schedule an appointment at biotestplasma.com

Open 7 days a week! Biotest Plasma Center • 3110 Lake Washington Road, Melbourne, Florida 32934

(321) 255-7466



[BiotestPlasmaCenterMelbourne](https://www.facebook.com/BiotestPlasmaCenterMelbourne)



[@BPCMelbourne](https://twitter.com/BPCMelbourne)

Make the Year Ahead Clutter-Free

Many people feel the dawn of a new year provides an opportunity to clean the slate and begin anew. That notion can be applied in various ways, including around the house.

Cleaning the slate at home may involve reducing clutter around the house. Clutter can gradually overtake a home's interior, turning a once pristine home into one overwhelmed with nonessential items. Clearing a home of clutter can seem like a monumental task, but the following tips can help homeowners and apartment dwellers make the year ahead clutter-free.

• **Scan important documents and save them on a computer.** Some documents cannot be discarded, but that does not mean they have to be stored in bulky file cabinets or desk drawers. Scan important documents such as medical receipts or tax returns and save them on your computer where they won't take up any physical space. Purchase an external hard drive as a safety net where you can store backups of important documents in case a computer crashes and cannot be rebooted.

• **Thin out DVD and CD libraries.** Thanks to streaming services and digital music players, DVDs and compact discs have become somewhat obsolete. Discard or donate DVDs that you can just as easily stream through your television, and convert compact discs to digital files that you can play on your computer and MP3 players, ultimately donating the discs and clearing space.



• **Purchase furniture that doubles as storage.** Storage ottomans and benches can help clear common areas and bedrooms of clutter such as blankets and bed linens that can make rooms feel more claustrophobic. Storage furniture might not get excess items out of the house, but such furnishings can create a more comfortable, welcoming environment.

• **Switch to e-statements for bank documents and utility bills.** Paper is a big contributor to household clutter. That's still the case even though many adults now pay the majority of their bills online. When given the chance to choose between paper or e-statements, opt for the latter so bills and bank statements don't pile up on your desk or throughout your home office. If you still want to keep important bills and bank statements, download them to your computer and keep them in a designated folder on your desktop.

• **Adopt an "out with the old, in with the new" mantra.** Resolve to discard old items after purchasing new ones or receiving birthday or holiday gifts. Hanging on to old items because they can still function and serve some utility is a recipe for a cluttered home. Anytime you or a family member brings a new item into your home, make sure the item it's replacing finds its way out the door.

Clearing clutter is a goal for many people at the dawn of a new year. As intimidating as clutter can seem, discarding it is easier than it may appear.



Mrs. Candy Graham, EA, NTPI Fellow
Tax Accountant/Tax Auditor
Enrolled Agent, (EA)
National Tax Practice Institute, NTPI Fellow

West Melbourne Office
7610 Emerald Drive
(Adjacent to Harris on
Wickham Road,
just North of Ellis)



727-3412

FAX (321) 727-3526



Candy Graham's

ACCOUNTING & TAX SERVICES



Serving a Diversity of Corporations and Individuals
for All Accounting and Tax Needs for Over 15 Years

**EXTREMELY KNOWLEDGEABLE IN VARIOUS ASPECTS
OF ACCOUNTING & TAXES:**

- C-Corporations
- S-Corporations
- Partnerships
- LLCs
- Payroll
- Not-for-Profits-Organizations
- Sole Proprietorships
- Quarterly Financials
- Financial Tax Audits
- Trust & Estate Taxes
- Financial Managerial Accounting
- Fiduciary Accounting
- QuickBooks® Software Implementation

DISCOUNTS OF:
\$25 for Individuals
\$35 Corporations
thru April 15, 2017

**Celebrating
20 Years
of Business**

www.candygrahamaccountingtax.com

Prestigious NAEA - National Tax Practice Institute™ Fellows.

The crème de la crème of Representation Experts, and are "Highly Qualified" to Represent Our Clients.

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

The Largest Bridal Event of 2017

LOVE

presented by

Sophisticated Gents
ENTERTAINMENT & EVENT DESIGN

SPACE COAST
Bride & Groom

SUNDAY, JANUARY 22, 2017
1 PM TO 5 PM
MELBOURNE AUDITORIUM

The ultimate wedding planning experience featuring over 85 wedding exhibitors

Live music and interactive entertainment, courtesy of Sophisticated Gents Entertainment/DJs

Spectacular high-energy fashion show presented by Aurora Unique Bridal Boutique

Special show-only deals and prize giveaways, including the Grand Prize, a 4-day, 3-night, all-inclusive honeymoon stay for 2 at Occidental at Xcaret Destination, courtesy of All About Travel and Barcelo Hotel Group.

A
Sophisticated
Bridal Showcase

Tickets

\$8 in advance (online) \$10 at the door - \$25 VIP

PURCHASE TICKETS AND PRE-REGISTER ONLINE AT BREVARDBRIDALSHOW.COM

Meet our Sponsors

KISS 95.1

Lite Rock
99.3

Sophisticated Gents
ENTERTAINMENT & EVENT DESIGN



Bella Fleur
design studio

Bride & Groom

Occidental
at Xcaret Destination

Barceló

LOVE

Brevard's
Largest
Bridal Show

SUNDAY, JANUARY 22, 2017
1 PM TO 5 PM
MELBOURNE AUDITORIUM

Don't miss L-O-V-E, the ultimate wedding planning experience. Meet over 85 of Brevard's most sought-after wedding experts as you stroll among aisle after aisle of decadent hors d'oeuvres, sumptuous wedding cakes, lush floral displays, impeccable table settings, elegant wedding venues, exotic honeymoon destinations, and every other resource imaginable to transform your wedding day into a once in a lifetime celebration. Register for prizes... Cash in on special show-only savings... Enjoy stunning live music and entertainment by *Sophisticated Gents Entertainment/DJs* as well as an extravagant bridal fashion show featuring over 50 bridal gowns presented by *Aurora Unique Bridal Boutique*. One very lucky couple will win our grand prize- a 4-day, 3-night all-inclusive honeymoon getaway for 2 to *Occidental Xcaret* at *Destination*, courtesy of *All About Travel* and *Barcelo Hotel Group*!

Brides and/or grooms-to-be can preregister and purchase tickets on BrevardBridalShow.com. Tickets are just \$8 in advance (online) and \$10 at the door. A limited number of VIP tickets are also available for \$25. Please visit our web site for more info about VIP tickets.

Showcase hours are from 1 pm to 5 pm at the Melbourne Auditorium. The Melbourne Auditorium is located at 625 E Hibiscus Blvd Melbourne, FL 32901. **SHOP, PLAN, WED AT A SOPHISTICATED BRIDAL SHOWCASE.**



Meet our Sponsors



everything
weddings



All About Travel

Elegant Imagery



4 Foods that can Boost Energy Levels

Diet can go a long way toward increasing or lowering energy levels.

No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

Cashews. Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking. Cashews are high in calories, so it's best for those looking to lose weight or maintain healthy weights to adhere to serving suggestion guidelines

Skinless chicken. A study from researcher Judith Wurtman of the Massachusetts Institute of Technology Clinical Research Center found that alertness tends to increase when the brain produces the neurotransmitter dopamine and the hormone norepinephrine. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and norepinephrine. If skinless chicken is not available, other foods that may provide this same effect include fish, lean beef and



eggs. In addition, lean meats like skinless chicken contain enough vitamin B to help ease insomnia.

Salmon. Omega-3 fatty acids can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue. Salmon is also high in protein, which can eliminate the mid- to late-afternoon hunger pangs that can derail healthy diets and contribute to weight gain.

4. **Beans.** Beans are loaded with fiber, and that's a good thing for energy levels. Like magnesium, which can also be found in beans, fiber takes awhile to digest, extending the energy-boosting properties of foods loaded with fiber. In spite of the growing movement to eat and live healthier, many adults still do not include enough fiber in their diets. Men and women can consult with their physicians to determine how to make that happen, but eating more beans is a good start.

Indian River ANTIQUE MALL

FIND EVERYTHING YOU LOVE AND MORE AT PRICES YOU CAN AFFORD!

Vintage
Estate Finds
Collectibles
Shabby Chic
Rustic
Primitive
Retro

20,000 SF A/C • Over 110 Dealers
Over 165 Booths

New Dealer sign-up Special
LISA AND HENRY

321.759.MALL (6255)
OPEN 7 DAYS:
Mon-Sat 10am-5:30pm • Sun 12-5:30pm
1433 S. BABCOCK STREET | MELBOURNE, FL 32901
IndianRiverAntiqueMall.com



5 TAX IDEAS THAT SAVE YOU MONEY

SPOTLIGHT ON ACCOUNTING

by Katherine Finnell, Office Manager, Ray Wasser, CPA, PA



1. Spend Last Year's FAS Funds

Some employers offer a carryover of your unused Health flexible spending account (FSA) funds from last year. If not, you have 2 ½ months after December 31 to use up last year's funds. Don't miss out on taking advantage of this tax break.

2. ABLE to Benefit?

Achieving a Better Life Experience Act (ABLE) is a law that allows people living with disabilities to set up a savings account in which the earnings grow tax-free. The distributions from these accounts can likewise be pulled without incurring tax. ABLE accounts also have non-tax benefits. Give me a call to find out more.

3. Take Another Look At an HSA

Health Saving Accounts (HSA) allow taxpayers with high-deductible health insurance plans to set aside pretax dollars that can be withdrawn tax-free to pay unreimbursed medical expenses. Contributions to the accounts are tax deductible even if you don't itemize. The 2017 limit to an HSA is \$3400 for individuals and \$6750 for families, with a \$1000 catch-up contribution when you're over age 55.

4. Boost Savings with Catch-up Contributions

When you reach age 50, you can make additional elective deferral contributions, more commonly called catch-up contributions, to various

tax-beneficial savings accounts. IRAs, 401(k)s, SIMPLE plans, all allow you to make account deposits that exceed the normal limits.

5. FICA wage base increases for 2017

While the rate for social security tax is still 6.2%, the wage base for withholding the tax has increased to \$127,200. Remember there is no wage base for the basic Medicare portion of the FICA tax.

Find out more by giving my office a call at 321-773-4473 or check out our website raywassercpa.com. Office location is 1103 W Hibiscus Blvd, Suite 301B, Melbourne 32935



FULL SERVICE SHOP

- Quilting Classes
- Patterns • Books • Kits
- Over 16,000 Bolts of Fabric

Open Monday through Saturday 10:00 - 5:00

321-632-3344 • 575 Barton Blvd. • Rockledge, FL 32955

TOOL SCHOOL

January 28th

Only \$15

LUNCH INCLUDED

Demonstrations on ALL the newest & greatest Quilting tools and gadgets now available.

Call for registration and details!



www.thequiltplace.com

SUPERGLASS WINDSHIELD REPAIR

Windshield Replacements Call **321-408-8581**
Rock Chips Call **321-223-4106**



The cost of a windshield replacement ranges from \$170 to \$300. **SuperGlass Windshield Repair is universally insurance approved.** If you have a Florida registration with full coverage insurance, there will be no cost of replacement.

**Satisfaction Guaranteed
Insurance Approved
Free Quotes**

Please check out our reviews!

 SuperGlass321.com

**Mobile Service
We Come to You!**



**Happy
New Year**

Kisses of
Beauty

- Everyone Deserves A Haircut -

Men's
Cut &
Go
\$6

Expires 1/31/17

Women's
Perm &
Go
\$17⁵⁰

Expires 1/31/17

**Tues. & Thurs. 10am - 5pm
Wed., Fri., Sat. 10am - 6pm**

321-312-8773

6165 Babcock St SE #3, Palm Bay

(just south of Malabar Rd. before Babcock Furniture)



Clutter B Gone

- Garages
- Home Offices
- Laundry Rooms
- Storage Units
- Paperwork
- Downsizing
- Corporate Offices
- IT Departments
- Retail Space
- Medical Offices
- And Much More!

**LET ME HELP YOU ORGANIZE
THE CLUTTER IN YOUR LIFE!**

Maria Waddell, Professional Organizer
(321) 312-8448 • clutterBgone101@yahoo.com

Licensed, Insured and Background Checked



SEVEN NEW YEAR'S RESOLUTIONS FOR A HEALTHY SPINE

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

With the New Year just around the corner, now is the time to start thinking about how you can make meaningful changes to your life for better health. Here are seven steps you can take to improve the health of your spine and your overall wellness.

Get at least 30 minutes of daily exercise. Many of the benefits of regular exercise can be experienced with as little as 30 minutes of physical activity a day. Not only will you decrease your risk of obesity and diabetes, you'll also experience a



reduction in back pain, migraine, and other neuro-musculoskeletal symptoms.

Deep breathing. Meditation, going on walks, and taking breaks throughout the day can all aide in stress reduction. Lowering your stress can make your immune system more resilient and decrease chronic pain flare-ups.

Laugh more often. Laughter doesn't

just relieve mental stress; it also fires off a cascade of physical reactions that benefit your health. Studies show that laughing can stimulate the heart, muscles, and lungs— not to mention the flurry of endorphins that are released after a good giggling session.



Eat your greens. Cruciferous vegetables like broccoli and kale, which are rich in calcium, can help to decrease your risk of osteoarthritis. Spinach, lentils, and beans are high in magnesium, a vitamin shown to benefit patients with back pain.

Quit smoking. Cigarette smoking increases your risk of spinal conditions and arthritis. Smoking cessation has been tied to an improvement in spinal pain. As a bonus, new research shows that smokers who attempt to quit in January are more successful because of the extra motivation the New Year provides.

Lose weight. Carrying extra weight increase the load on your spine and joints, making you more susceptible to sciatica, disc herniation, and osteoarthritis.

See a chiropractor. The spine plays an important role in your overall health by ensuring that your nervous system is functioning smoothly. As spinal specialists, chiropractors do not only relieve pain from spinal conditions, they can also assist in improving your overall health. Research has shown that chiropractic adjustments reduce the stress hormone cortisol and boost the presence of infection-fighting antibodies in the body.

See your chiropractor for ways to have a healthier, happier new year.

Carlisle Chiropractic Center
Dr. Deanna Carlisle

HEALTH CERTIFICATE
Complimentary
Chiropractic Examination
A \$75 Value! New Clients Only.

Monday, Wednesday & Friday
8:30am-12pm & 2pm-6pm

Tuesday: 2pm-6pm | Saturdays: by Appointment

321-255-0010
152 N. Harbor City Blvd, Suite 100
Melbourne, Florida 32935

The patient and any other person responsible for payment has the right to refuse pay, cancel payment or be reimbursed for payment for any other services. Examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free discounted fee, or reduced fee service examination or treatment, x-rays taken in this office only. Due to federal law some Medicare or Medicaid recipients may not be eligible for this.

Do Your Headlights Have a Cloudy, Hazy or Yellowed Appearance?

We have the answer! EZ Brite Lights, Inc. is Brevard County's #1 company for headlight restoration. We use a new innovative system for refinishing weathered and scratched plastic headlight lenses. The EZ Brite Lights system will restore your headlights to "like new" condition and save you hundreds of dollars on replacement of your current headlight lenses.

Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the



road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less

than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident. Don't expose yourself or your family to this risk. Call EZ Brite Lights today and resolve this issue. We will make your headlights look new again.

there is no charge. An EZ Brite Lights headlight restoration usually lasts three to five years. And remember, we come to you. No drop off or pick up hassle. The work can be done at you home, office, whatever is a convenient location for you. Call EZ Brite Lights today for an appointment. 321-298-2245. EZ Brite Lights, Serving all of Brevard County, Florida.



EZBRITE LIGHTS




BEFORE **AFTER**

Your headlights have a hazy, yellow appearance!

I have the solution...

An amazing system for refinishing weathered & scratched plastic headlight lenses.

I can make your headlights look like new again. It would increase night-time driving vision by 40-70% and save you hundreds of dollars on replacements.

PLUS

I come to you! No drop off or pick-up hassle!
TWO YEAR warranty! • Satisfaction Guaranteed!

Call today: 321-298-2245
www.EZBriteLights.com

All work comes with a two year warranty AND your satisfaction is guaranteed. If you do not like the results,

Resolutions: Try Some of the Top 10 or Spiritual Growth

By Dr. Kevin Kilday, PhD, D.Psc./Holistic Health Center

Top 10 common New Year's resolutions:

Lose weight; get organized; spend less/save more; enjoy life; stay fit and healthy; learn something exciting; quit smoking; help others; fall in love; spend more time with family.

I believe as a Christian the most important resolution is Spiritual Growth which if you study this deeply you will find that Spiritual Growth includes most if not all of the common resolutions. Losing weight is Biblical. God says to treat our bodies as temples. Get organized. It's Biblical to get and keep our affairs in order. Spend less/save more. It's Biblical not to be a slave to the lender and be financially sound. Enjoy life. I personally have enjoyed life the most since being saved and most Christians will attest that life in the Lord is best. Stay fit and healthy. Again bodies as temples. Quit smoking. Besides health damaging it is an addiction and should be treated as one.

To ease withdrawal symptoms supplements will definitely help plus reduce stress anyway you can, and get adequate sleep (the body heals the most during sleep). Help others because it's Biblical. Fall in love with the Lord first and significant others will come into your life. Spend more time with family. The Bible says that family is a top priority in a person's life. Raising children properly, caring for the family elders, being financially responsible for your family, clothing and housing your family and the list goes on.

Simple tips to achieve spiritual growth in 2017.



A great simple way to do this is to focus on developing spiritual disciplines or habits:

1. Serve in your local church.
2. Give to your local church.
3. Pray every day to your great God.
4. The Bible, don't just read the Bible daily study it
5. Take it One Day at a Time, a habit takes one day of commitment over and over again until it's automatic. It's as simple as that. Make it happen today.

Dr. Kevin Kilday, PhD, Holistic Health Center,
Specialties: Holistic Healing, Cancer, Addictions.
Call 321-549-0711 for appointment.







HOME CLEANING

321-677-2122

BOOK ONLINE!



OFFICE CLEANING

✔ Book online in **60 Seconds!**

✔ Trusted Insured and **Bonded!**

✔ All Maids are Background Checked and **Trained!**

✔ Green Cleaning Supplies **Included!**

✔ Residential and Commercial **Services!**

✔ No Long Term **Contracts!**



www.eMaidsofBrevard.com






Hart Escapes, inc.
For all your travel needs

Also Specializing in "BUS TRIPS"

772-646-4828


 **Hartescapes.com**

Jackie Hart • JackieH@hartescapes.com

 **HOLISTIC HEALTH CENTER**
A Ministry of CFCC

NATURAL WAYS
To Fight Cancer and Disease
ARE YOU TOXIC?
Hair Mineral Analysis Testing

www.holistichealthcenter.us
Holistic Dr. Kevin Kilday, PhD
321-549-0711 or Web
Appointments at 4 Brevard Locations



MARKETING | LOGOS | BROCHURES
EMAIL CAMPAIGNS | WEBSITE DESIGN

affordable pricing . great design

Renadesigns.

graphic design | marketing | Rena k. Seibert .owner
www.Renadesigns.com 407.491.3203

A-BEST AIR & HEAT
Service • Installation • Parts & Supplies for Do-It-Yourselfers



Now offering Financing:*
24 MONTHS
Same as Cash
*With Approved Credit OR WAC

Family owned and operated in Brevard since 1984!
321-725-8758

STATE CERTIFIED -- Lic. #CAC 1818814 www.a-best-air.com
Look for us in our new location at 5020 Minton Rd, Palm Bay, FL 32907





DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...many believe they've
crossed an invisible line..."



"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: Harpazo: The Witnesses.

Dear Readers,

I've been offering Christian-advice, for over seven years, as led by the Holy Spirit. I often cry when I read your letters and my heart breaks when I read: "After all the things I've done, why would God ever love me?" Many believe they've crossed an invisible line and now they're beyond God's forgiveness, or they consider Him to be a vengeful, uncaring tyrant. The following letter was compiled from several books of the Bible, and exemplifies the true nature of God's character. When reading this letter, replace "Dear Child" with your name. I hope and pray that you will come to **know—love—trust** and **accept** the God I worship and serve.

Dear Child...

I know you and I know your thoughts...Ps 139:1. I know when you are going out, when you rise, and when you are lying down...Ps 139:2-3. I am familiar with all your ways...Ps 139:3. Even the very hairs on your head are numbered...Mt 10:30. I created you in My image. Gen 1:27 In Me you live and move and have your being...Acts 17:28 I knew you even before you were formed in your mother's womb...Jer 1:4-5 And I brought you forth on the day you were born...Ps 71:6

I am filled with compassion and grace—slow to anger and abounding in love...Psalm 103:8 And it is My desire to lavish My love upon you...John 3:1 I am your Provider and I meet all that you require...Mt 6:31 I love you with an everlasting love.. Jer 31:3 And I rejoice over you with singing...Zep 3:17 For you are my treasured possession...Ex 19:5 I desire to establish you with all My heart and all My soul...Jer 32:41 And I want to show you great and wondrous things... Jer 33:3 **If you seek Me with all your heart you will find Me...** Duet 4:29 Delight in Me and I will give you the desires of your heart...Ps 37:4 For it is I who gave you those desires...Phil 2:13 I Am your great encourager...I Thess 2:16-17 And I did not give you a spirit of fear—but of power, love, and of sound mind...2Tim 1:7

I Am also the Father who comforts you in your sorrow...II Cor 1:3-4 When you are brokenhearted, I Am close to you...Ps 34:18 When you call—I shall answer, and when you cry, I shall say...here I Am...Isa 58:9 As a shepherd carries a lamb, I have

carried you close to My heart. Isa 40:11 One day I will wipe away every tear from your eyes. There will be no more death or mourning or crying or pain, for the old order of things will have passed away...Rev 21:3:4

I Am your Father and I love you even as I love My Son, Jesus...John 17:23 For in Jesus My love for you is revealed... John 17:26 He is the exact representation of My being... Heb 1:3 And He came to demonstrate that **I am for you, not against you**...Rom 8:31 And to tell you that I Am not counting your sins...II Cor 5:18-19 I sent my son to save the world...not to condemn it...John 3:17 If you receive the gift of My Son Jesus, you receive Me...I John 2:23 And nothing—neither death, nor life, neither angels nor demons, neither the present, nor the future, nor any powers will ever separate you from My love again...Rom 8:38-39 I have prepared a place for you...John 14:3 Accept my invitation and angels will rejoice in heaven... Luke 15:7

Love, Your Heavenly Father,
Almighty God

If you'd like Jesus to come into your life and be your personal Lord and Savior, simply recite this simple prayer—and mean it. Your name will be written in the Lamb's book of life. What an awesome way to begin the New Year!

Heavenly Father,

I confess that I am a sinner. I believe your Son, Jesus, died on the cross at Calvary so that I may have eternal life in the kingdom of Heaven. I believe He rose from the dead and I ask Jesus to be my Lord and Savior. Change me on the inside and help me to follow you all the days of my life.

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.



Full Service Auto Repair
Foreign, Domestic
Cars & Trucks
including Diesels



One STOP Car Shop For
ALL Your Maintenance Needs

FREE OIL CHANGE

Exc. Tire & Balance / Syn. oil must pay the difference
 with any service of \$100 or more.
 expires 1-31-17

10% OFF
Labor

expires 1-31-17



39 NW Irwin Ave
West Melbourne 32904

321-726-0636

(off 192... 1 block west of Dairy Rd.
 behind the Cigar Shop)

MV44524

HOME OF THE 3 YEAR / 36000 MILE WARRANTY

www.RichsAutoTech.com

Monday - Friday
7am - 6pm

Family Owned & Operated





HAPPY NEW YEAR SPOTLIGHT ON COOKING

by Cecelia Danas



Wishing you all a year filled with good health, happiness, and prosperity. I have a lot of friends who are giving up meat and I thought this would be something they may enjoy. Let me know if you like it. Enjoy.

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

Eggplant Meatballs

3 Tbls olive oil	1/2 c minced fresh Italian parsley leaves	(Romano) cheese
4 Tbls garlic powder	1/2 tsp fine sea salt	1/4 c olive oil 3 cup tomato pasta sauce, warmed through
2 eggplant (24 oz.) peeled and diced	1 1/2 tsp dried oregano	1 lb. pasta/or you can use rice
1 1/4 cup Italian bread crumbs	2 large eggs slightly beaten	
	1/2 c freshly grated Pecorino	

Brush olive oil on a large cookie sheet. Place eggplant on cookie sheet making sure it is one layer. Heat oven to 400 degrees. Cook until eggplant is soft and slightly brown. Set the eggplant aside and let it cool.

Combine the bread crumbs, parsley, salt, oregano, eggs and cheese in a large bowl. Stir in the eggplant, mix well, and let it stand for 20 minutes. Scoop small amounts of the mixture into your hands

and form meatballs the size of a small egg. There should be enough to make about eighteen. Heat the olive oil in a large sauté pan over medium high heat, then fry the meatballs, turning them occasionally so they brown evenly, or bake them in an oiled casserole dish in a preheated oven until browned, 20 to 25 minutes. Transfer meatballs to the tomato sauce and keep hot.

Prepare pasta or rice according to package

directions. Drain and place in serving dish. Mix with some of the tomato sauce, then arrange the meatballs and sauce on top, and serve immediately. Pass additional cheese for sprinkling on top.

NOTE: When forming the meatballs, wet your hands occasionally to prevent the mixture from sticking. Also you can use these eggplant meatballs with Tzatziki Sauce

Art for Water Lovers

Waterscapes
Gallery

DOWNTOWN MELBOURNE
(321) 917-5350
720 E New Haven Ave
waterscapes.gallery
art@waterscapes.gallery

f y in 8+ Open T-Sa 12-5



CRUISE PLANNERS

Your Cruise and Land Specialist

- **INDIVIDUAL & GROUP TRAVEL**
- **FAMILY TRAVEL & REUNION**
- **WEDDING & HONEYMOON**



Lynden Cope - CTA
FST #ST39068

321-574-5311 or 877-360-7452

www.lenkarcruises.com

lynden@lenkarcruises.com

Palm Bay, Florida 32907



[Facebook.com/TravelwithLenkar](https://www.facebook.com/TravelwithLenkar)

Mike's Handyman

24 Hour Service

321.914.6013



Licensed, Bonded & Insured

JOSEPH STEVENS & SON ^{JMJ} PAINTING *and so much more!*

Liability - Bonded - Compilation



Exterior

- Pressure Cleaning
- Crack & Concrete Repair
- Kill Mildew
- Waterproofing & Sealer
- Caulking - All Prep Work
- 100% Acrylic Paint

Interior

- All Drywall Work
- Small & Big Repair Sheet Replacement
- Popcorn Removal
- Knockdown & Other Textures
- All Work Clean & Neat
- Handyman Work & More
- Interior Mildew Experts

As Always, ...All Work, Manufacturing & Company Guaranteed.

FREE Estimates 984-8091

All Guaranteed Work Since 1972

Licensed & Insured



THE DRAGON FESTIVAL



YEAR 4

JAN 14TH & 15TH, 2017

Celebration Square

US 1 & Port Malabar Rd. Palm Bay

Jousting - Birds of Prey -

Battling Knights - Wenches & Pirates

Magic & Wizards -Mermaids & Dragons

Epic Beer & Mead Tent and more..

Tickets on sale now



www.thedragonfestival.com

Let Your Faith trump fear in the New Year

Together, We
are Creating
a Brighter
Future...

Buy one,
Give One.™

Purchase a hearing instrument for
yourself and someone less fortunate
will receive one for no charge.

Call Today
(321) 722-2894



People Helping the World Hear Better

720 E New Haven Ave, Suite 12 | Historic Downtown Melbourne
Walk-ins Welcome 9:30am-Noon Mon-Fri | After hours cheerfully by appointment
Most Insurance Accepted | Financing Available

From the Latest and Best
our Industry has to
offer to Quality Used
Hearing Instruments

Starting At
\$15*

*Normal fitting fees. Molds extra. Every
hearing instrument is different.



TRUSTEER ENDPOINT PROTECTION

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



In the tech industry's ongoing attempt to create better tools to protect consumers, it often comes up with software that focuses in specific areas. Trusteer Endpoint Protection (a.k.a Rapport) is a legitimate program that is specifically designed to help fight financial fraud and is often recommended by various banks for reducing the chances of fraud and identity theft when it comes to online transactions.

Originally developed in Israel in 2006, Trusteer was acquired by IBM in 2013 for an estimated \$800 million, so any concerns about it being a malware program can be put to rest.

Banks Recommend It

The program is specifically designed to prevent many known banking Trojan malware, such as ZeuS, Silon, Torpig, SpyEye and others from attacking its users.

Malware designed to attack online banking transactions will attempt to steal login credentials so cyber-thieves can access online accounts or steal the identity of its victims. They tend to

use keyloggers, screen grabbing and phishing as a means of exploiting users, which is what Trusteer is specifically designed to help protect against.

As such, many banks recommend the free program as an extra layer of protection, because the banks have installed the protection on their side and it works best when both sides are using the same security system (thus the name 'Endpoint').

Banks are interested in both security and regulatory compliance, which the Trusteer platform provides, which is why so many have partnered with IBM to promote the program.

The Real World

If the only thing your computer needed to do was interact with your bank, Trusteer would be a no-brainer, but for most of us that's not the real world.

Despite the fact that it's designed to work as an added layer of protection to your primary security program, many users have reported a multitude of issues over the years. Online complaints range from the initial installation process,

incompatibility with other programs, a noticeable degradation in performance, as well as a complicated removal procedure.

As with any security program, it can prevent you from operating your computer in a normal way because it blocks access to anything it perceives as a threat (false positives), which can be very frustrating.

Should You Use It?

As with any protection system, there is no 'one-size-fits-all' solution. Determining whether you should use the program or not requires some homework.

If your bank is pushing you to install the program, before doing so, I strongly recommend that you research the specific issues with the current Internet security program you have installed by doing a search for 'Trusteer issues with XXX' (where XXX is the name of your program).

Not only will you get information specifically from the support resources of the Internet security company, you'll likely get user feedback on their experiences as well.

As an advanced search tip in Google, if you include -trusteer.com at the end of your search query, the results will be filtered to exclude anything from Trusteer's website so you'll only get feedback from third parties. Business users should do their experimenting on non-mission critical computers to avoid any compatibility disruptions to workflow.

While it is clear Trusteer is a good security option for your financial transactions, it may not be the best option for everyone. Do your homework!

COMPUTER PROBLEMS?
 Viruses? Worms? Spyware? Adware? Pop-Ups?
 Slow Computer? Dead Computer? Lost Data?
 Why guess?
WE FIX IT ALL!
 Come in today and receive a
FREE
 Computer Check-Up
 while you wait!
DATA DOCTORS
 Computer Services
 www.DataDoctors.com
 (321) 242-0366
 7640 N. Wickham Rd.
 Suntree/Viera



SIGN-UP ONCE
AND RECEIVE FLOWERS ALL YEAR LONG!

NEW LOCATION
1365-A Cypress Ave. Melbourne, 32935
(North West corner of US 1 & Eau Gallie Blvd., across from Starbucks)
•Monday-Friday 10am-7pm •Saturday 10am-2pm

24 HOUR DELIVERY
3 WAYS TO ORDER FLOWERS
Call us at 321-473-8571
Online at budsandbowsfloraldesign.com
or at our NEW LOCATION

B&B
Buds and Bows Floral Design.com



Tupperware®
Over 65 years of reliability

- Solutions for your storage needs
- Call to host a party
- Looking for a fun income - call to inquire how
- Call for the new fall catalog

Gail Griffiths Local representative
321-259-4919
www.mytupperware.com/gailgriffiths



G & J POOL REMODELING INC.

Weekly Pool Service
751-1099
www.GandJPools.com

Lit# CPC 1457123

Name the Advertisers and PLAY to WIN!

Win 2 Movie Passes!
Courtesy of Premier Oaks. See ad on pg 8.

OUR WINNER LAST MONTH WAS
Karen Tully of Melbourne

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

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: Name the Advertisers, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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

1. What is the phone number for Clutter B Gone?

2. Name our advertiser offering "BUS TRIPS".

3. Who is offering 10% OFF any kitchen or bath remodel?

4. SIGN-UP ONCE and receive flowers all year long. Name this company.

5. Women's Perms for only \$17.50! Name our advertiser.

6. Car Break Special for only \$189.99. Name our advertiser.

7. Who is offering BUY ONE GET ONE FREE hearing aids?

Certificate of Excellence
2016 WINNER



Mo-Bay Grill

MO-BAY GRILL

INTERNATIONAL CUISINE

RESTAURANT

HAPPY NEW YEAR

Serving the best Steaks,
Seafood & Chops

MO-BAY NO PROBLEM!

**Celebrate Your
NEW YEARS EVE
with Us!**

OPEN New Years Day!

**Best Saturday
& Sunday
Breakfast
Around!**

Specializing in:

**HOME MADE
MARYLAND STYLE
CRAB CAKES**

Chef Wesley Campbell from Maryland 

Tuesday - Friday 11a.m. - 9p.m.
Saturday 8a.m. - 9p.m.
Sunday 8a.m. - 8p.m.

 Like us on
Facebook

1401 Indian River Dr Sebastian, FL 32958

(just North of Main St. next to Mel Fishers Treasure Museum)

MO-BAYGRILL.COM 772-589-4223

JANUARY SPECIAL 4 Course Meals

1st Course:

Soup of the Day

2nd Course:

House Salad with Mo-Bay Special Dressing

3rd Course: Entrée

(CHOOSE ONE)

- Chicken Meat Loaf w/Gravy atop Fried Onion Rings Mashed Potatoes & Mo-Bay Vegetables
 - Mac & Cheese with Jerk or BBQ Meat Balls
 - Braised Beef Pot Roast & Au Jus. w/Garlic Mashed Potatoes & Mo-Bay Veggies
 - Chicken Pot Pie Diced Chicken Breast w/Mirepoix in Cream Sauce
 - Parmesan Crusted Haddock w/Angel Hair Pasta & Lemon Butter Sauce
- 4th Course: **Dessert**
- Coconut Rice Pudding or Chocolate Mousse & Carafe of White or Red Sangria

\$25.99 per person

Everything homemade by your neighbor, International Award Winning Chef. Wesley Campbell

Not redeemable with any coupon or other promotion.

*Warmest Wishes
for a Happy & Healthy
New Year!*

*The Eye Institute
for Medicine & Surgery*



321-722-4443

www.seebetterbrevard.com



321-722-4443

www.seebetterbrevard.com

***Don't let
limited vision
limit your life.***

***Call the
Space Coast's
Cataract Specialists
to schedule your
consultation today.***



**James N. McManus, M.D.
Jason K. Darlington, M.D.**

**150 South Woods Dr.
Rockledge, FL 32955**

**1995 W. NASA Blvd.
Melbourne, FL 32904**

**5055 Babcock St. NE
Palm Bay, FL 32905**



The Medicine Shoppe®
PHARMACY

Caring beyond prescriptions.

Happy New Year
2017

Sarno Business Complex
next to
Brevard Health Alliance
2176 Sarno Rd. Suite #120
Melbourne FL 32935

Call: 242-2440

*Call for delivery information.



WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with the **Joy of January**?

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

Aquarius	Capricorn	Football	Ice	New Year
Blanket	Chilly	Frigid	January	One
Blizzard	Coat	Hearty	Mittens	Snow

Win a \$25 Gift Card to
Nature's Market (pg40)

OUR WINNER LAST MONTH WAS
Kyna Jehmlich of Palm Bay

Name: _____

Address: _____

City: _____ State _____

Zip _____ Phone: _____

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

Unlock the Potential of You in 2017

Happy New Year! Can you believe it – 2017 already! It is the time of year when many of us start thinking about our goals for the year to come. What about your goals or resolutions for 2016? Did you achieve them? Did you even set any?

Goals are important because you know that if you don't take aim, you can't hit the target. Unfortunately, it has been found that over 65% of us do not achieve our goals and just give up on them. We always have reasons; you now, I didn't achieve that goal because I do not know the right people, or because I don't have the money, or I don't have the time. Here is the thing, everything after the word because is a



lie, excuse, or just ignorance. The things we are stating are the cause, are really the effects.

We don't achieve our goals because we need to understand how to achieve them and how to unlock the Power that lies

within all of us.

How would you like to change all that in 2017? Have, Be, and Do more in 2017. Join me to be inspired, learn how to set and achieve your goals, and Unlock the Power of You!

Be Inspired – January 18th, 2017 – Live to Lead Brevard (www.l2lbrevard.com)

Learn the 6 Steps to Goal Achievement – January -- email me for more information

Unlock the Power of You; 8 Universal Laws to Success – February – email me for more information.

I look forward to hearing from, for more information email me at ted@tedseymour.org



LIVE2>>LEAD

Ted Seymour, Performance Improvement Expert, Transform Leadership

BREVARD 2017 INFORMATIONAL SEMINAR

January 18th from 8am - 2pm

For More Information & Tickets: www.l2lbrevard.com

Space Coast Association of Realtors, 1450 Sarno Rd, Melbourne



SIMPLY BRIGHT LLC. CLEANING SERVICE

AFFORDABLE HOUSE CLEANING

Average
1800 sq. ft. home

**Monthly
\$108**

**Bi-Weekly
\$72**

Also
Specializing in

**MOVING
IN / OUT
CLEANINGS**

Please
Call for a

**FREE
ESTIMATE**

**YOU DESERVE A BREAK !
LET US GET THOSE HARD TO REACH AREAS !**

321-337-5098



Licensed & Insured



MARION MUSIC
YOUR **ONE** STOP MUSIC SHOP!



(321) 727-3000

YOUR LOCAL MARTIN DEALER!

- 300+ GUITARS & BASSES ON SALE!
- PIANOS AT \$499+ DELIVERED!

FENDER AUTHORIZED DEALER!

- BAND INSTRUMENT RENTALS!
- EASY LAYAWAY & FINANCING!

www.MarionMusic.com
4970 Stack Blvd | MELBOURNE Mon-Sat 9AM-8PM

DOXY MORGAN SMITH



AVON
Independent Representative

Place an Order
or Join Our Team

321-480-2786
doxym@yahoo.com
youravon.com/dmorgan-smith

Kreation's Florist & Gifts Inc.



LOCAL & WORLDWIDE

20% OFF
CUSTOM ARRANGEMENTS

321-956-5037
www.krationsfloristandgifts.com
1509 Airport Blvd. (corner of Hibiscus & Airport Blvd.)

Sleepy Heads **BAMBOO IS A BETTER CHOICE!**



100% BAMBOO FIBER

- Silky Smooth Organic Sheets / Pillows
- Body-Heat Regulating
- Hypo-Allergenic
- Relieves Snoring, TMJ, Insomnia, Neck Pain, Asthma & Migraines



BAMBOO COMFORT 1800 SERIES SHEET SET



<p>FULL, QN or KG BAMBOO SHEET SETS</p> <p>for \$29 or 2 for \$40 12 COLOR OPTIONS</p>	<p>Your Choice: QN or KG BAMBOO PILLOWS</p> <p>only \$20 a piece</p>	<p>BAMBOO COMFORTER SETS</p> <p>QN: \$39⁹⁵ KG: \$49⁹⁵ 10 COLOR OPTIONS</p>	<p>TRAVEL BAMBOO NECK PILLOWS</p> <p>only \$20 a piece</p>
--	---	--	---

3388 W. New Haven Ave. Melbourne, FL 32904
321-956-6800 MON-SAT 10-7
Financing Available SUN 11-5
www.sleepyheadsinc.com

FURNITURE OUTLET **KANES** 192 Wicham Rd.



Soaring to New Heights

RE/MAX[®] Absolute
(321) 255-1423

&

RE/MAX[®] Service Team
(321) 452-9800

Nicole Grammer - Broker / Owner

RE/MAX[®] Absolute Service Team

AbsoluteServiceTeam.com

Absolutely the same great service and the same great team.

8255 N Wickham Rd. #101, Melbourne, FL 32940



TAPESTRY

"Thy kingdom come, thy will be done on earth as it is in heaven"

2017

What Do YOU Want to Accomplish This Year?



By Paul Rosbury

Paul Rosbury is currently Interim Pastor at Peace Lutheran Church Palm Bay, FL 1801 Port Malabar Blvd, Palm Bay and is President and Overseer of Seminary Covenant Community an Association of Churches, House Churches, Educational, Missions, Ministries and Social Enterprise Organizations.

Everyone makes New Year resolutions, lose weight from the Christmas season, buy a new home, get a new job, and help other more the list goes on. But what do you really want to accomplish in 2017?

There will many opportunities for new beginnings and ways to make a difference in your area of influence. What do want to accomplish this year in your Business? How would you like to see our education system change? How would you like to see our local, county, state, and federal government change? What social needs and networks need to be made better and how can you affect them? What can be done to restore the family and help the family grow?

I believe everyone is called to make a difference in their area of passion. What is your passion this year? However small or large your desire is you will make a difference in 2017. Why you might say? It is because you are you. Everyone is a unique individual with a unique set of qualities, ideas, and capabilities. They are yours and these make you a unique individual who can be the only one who can make a difference in your network of people you know as well as those you will meet this year. What will you do with these opportunities?

Business

Soon we will be establishing, Mastermind Group to help you and your business to resolve issues and see paths to grow your business. It is form of business coaching. We will also share those groups that are already in existence where they are their times and purpose. There are many people who are looking for resources for their business; our Business web site will have a directory for you to use to find the resource you need.

This Magazine is part of our business network and has many opportunities to network with other business owners and managers.

Worship at the Gate
Every Saturday 9:15am
Hope Streets 321.265.2955
Come to Worship... Come to Live

TROPICAL REALTY
BEACHSIDE, LLC
Audra Leary
REALTOR®
C. (321) 544 - 3407 | Email: Audra@TropicalRealtyHomes.com
201 N. Riverside Drive, Ste A. Indianalantic, FL 32903

Peace Lutheran Church
1801 Malabar Rd - Palm Bay, FL
321-727-3131
Sunday Morning Worship Services:
9:30 am Contemporary with Peace Band
11:00 am Traditional with Peace Choir, Organ & Piano
LCMC

To Sponsor these Tapestry pages Call 321-480-7422 or send an email to sponsor@tapestryvisionmedia.com

Education

What is happening in the education community? There are a number of education communities to be interfacing with, the private schools, parochial schools, Christian schools, public schools, vocational schools, colleges, and universities. How can we improve the education provided? What about administration, networking, and support systems for teachers, principals, and administrators. Tapestry is looking forward to providing information and support networks to help our education systems.

Government

Local, State and Federal government agencies and elected officials all need support and encouragement. Is it possible for us to be part of the solution to issues, instead of just voicing our objections? These friends in governing positions need our support and encouragement. It gives them insight in to how to serve the community best. There is also a second way and that is to hear and understand the situation and circumstance of the issues from their perspective.

Social

Our community social concerns are not just our government's issues, they are our issues. But we need to part of the solution and understand what the gaps are. Second we are looking to build relationships in our community and restore those who may have lost their social relationships. This would involve building networks of support and caring groups for all the community.

Family

The most basic part of our community is the family. Two parent families and single parent families are the focus of this network. Knowing you have people who are walking in the same shoes you are is critical in weathering the challenges of family life today. As we look to 2017 we look to provide information, advice and support to the family through networking and connecting with individuals and families for mutual encouragement and support.

You can be part of this movement and help one another in everyday life. Many people need a friend and someone who they can relate to. The Tapestry Networks are for you!! Connect with us today and let's walk through this life together, encouraging, supporting, and sharing along this journey.

The Tapestry Network is a community of people who desire for you to be successful in those areas of your passion. Our desire to provide the opportunities for you to share your dreams and visions as well as provide a network where you can meet people of like passions, build teams to make a difference in your community.

The Tapestry Vision for 2017 is to establish more communication and networking capabilities. We have new web sites where you can respond to post your comments and passions: <http://TheTapestryVision.com> or you can call me at 321-480-7422. To help businesses with their needs: <http://TapestryVisionMedia.com> or call us at 321-452-9692.



TAPESTRY

Vision for your Media & Marketing

To Sponsor these Tapestry pages Call 321-480-7422 or send an email to: sponsor@tapestryvisionmedia.com



**Healthcare Training
can be the Start
to Your Future!**

THERE IS A HIGH DEMAND FOR NURSING ASSISTANTS

Training Programs are offered in:

- Nursing Assistant (within 6 weeks)
- CPR and First Aid Training
- Medical Billing and Coding
- Patient Care Technician
- Practical Nursing Program
- Home Health Aide

**FINANCING AVAILABLE
if Qualified**

**Also VA
Approved!**

Programs Features include:

- **Nursing Assistant State Exam Review**
- Training and Testing done at our facilities
- Day & Evening Classes • Placement Assistance
- Continuing Educational Courses

CALL NOW... NEW CLASSES BEGIN FEBRUARY 15TH

HARRIS-CASEL INSTITUTE
321-676-4066

500 Stack Blvd., Suite A4, Melbourne (Palm Bay Road & Stack Blvd.)
www.HARRISCASEL.com

NOW OFFERING

**FAST & PAIN FREE
LASER HAIR REMOVAL**

UNDER ARM

NOW ONLY

\$155

ACHIEVE  **Beautiful skin**

* Per Treatment. Typically 5-7 treatments.

321.720.5472

8045 Spyglass Hill Rd. Suite 101 • Viera, Florida 32940
AchieveBeautifulSkin.com • Joanne@AchieveBeautifulSkin.com

South Brevard's History

By South Brevard Historical Society

Savannah's restoration began with seven women in 1955 saving one house, the c. 1820 Davenport House. Having formed the Historic Savannah Foundation (HSF), they continued this preservation effort that eventually led to the purchase of over 350 historic buildings. The city's heritage was saved and a strong tourist-based economy was also created. HSF helped make Savannah one of the most beautiful cities in the United States.



Green Gables, Melbourne

In Melbourne, there have been a few historic buildings saved, but we have lost many more. One building that we must save this year is the Wells' house. Also known as Green Gables, this Queen Anne style home was built in 1896 and is located at the north end of Riverview Drive. Having moved his family to Melbourne in the same year, William Twining Wells and his wife lived the rest of their lives in Melbourne. A few of their many contributions to Melbourne's growth included donating land for a public park, developing roads and building a school. Besides the structure being a beautiful home situated on a bluff overlooking the Indian River Lagoon, the family and how they helped Melbourne grow is a story worth telling for generations to come.

However, Melbourne has only until the end of December 2017 to save Green Gables. We cannot fail as that would mean losing this building and all its historic significance. I ask each one of you to read about Green Gables, the Wells family (<http://greengables.org/>) and then consider donating to this very worthy cause. When rescued, the story of Green Gables will also include all those who, like the Wells, gave of their own money and time to make Melbourne a better place. Together, we can make sure that this piece of history is preserved and not destroyed and lost forever.

At the South Brevard Historical Society's January meeting, Barbara Smith Arthur, daughter of Honest John Smith, will take us through the fascinating history of the South Beaches, Honest John's Fish Camp and Oak Lodge. Of the many settlements developed during the late 1800's, Honest John's Fish Camp (www.honestjohnsfishcamp.com) and Oak Lodge are two of the more interesting sites. This presentation will be given on January 14th from 3:00pm – 4:00pm at the Melbourne Public Library (540 E. Fee Ave., Melbourne, Florida 32902). Please visit the South Brevard Historical Society's website (www.southbrevardhistory.org) for further information about Brevard's history and local events.

PEACE OVER PLEASURE

By Wanda Villaverde

CCM: Together, doing life RIGHT!

I have a car that is almost 20 years old. I've had some minor issues with it, but nothing that couldn't be fixed. It's reliable and gets me where I need to go. For the past few months, I had been contemplating on buying a newer car. I would look around and see all of the nice newer cars everywhere I went: the grocery store, my neighborhood, work, etc. I wanted one, too! I missed that "new car" smell and wanted all of the newest features. I began to pray about it.



I went online to see what kind of deals I could find. I crunched the numbers in the hope that I could afford the car payments and the higher insurance premium. I had talks with myself on what I could give up in order to have this car. "I could give up cable tv, home phone, entertainment and dining out. Yeah, that's what I'll do." I knew that I would have to give up a lot to get what I wanted.

As I continued to pray about it, the Lord brought to my memory a story that I heard from a friend years ago. There was a man who had a loving family, but was struggling financially. Every day he used to drive passed a beautiful

gated home with expensive cars sitting in the driveway and wished it was his. He thought the people who lived there were so lucky. He felt that his life would be so much better if he had all of those things.

One day he attended a class with a group of men where they shared some of their financial burdens.

One man spoke about losing his beautiful gated home, expensive cars and his family. He was bankrupt and was losing everything. His financial burden put a strain on his marriage and his wife left him. After talking some more with this man, he discovered that he was the person who owned the house and cars that he drove by every day and wished he had. And He said to them, "Take heed and beware of covetousness, for one's life does not consist in the abundance of the things he possesses." (Luke 12:15 NKJV)

Sometimes we only see the "pleasure" in things and fail to see the actual cost of that thing. For that man in the story, the "pleasure" of all that stuff cost him everything. Though the other man had some financial struggles, he had everything that he needed. He was too focused on what he didn't have instead of being thankful for what he did have. I did the same thing. Don't love money; be satisfied with what you have. For God has said, "I will never fail you. I will never abandon you." (Hebrews 13:5 NLT)

The Lord showed me that buying a newer car would not only cost me financially, but it would also cost me my peace (Ecclesiastes 4:6). So instead, I decided to buy some seat covers and hang a "new car" scented air freshener from my rear view mirror. One day I will need to replace my car, but until then, I will drive around in my 98' Ford stress-free, debt-free and content with what the Lord has blessed me with!



DEALS ON WHEELS
Tires or Rims

Ride on ALL 4
Pay for 1
a Month!

NO CREDIT CHECKS

90 DAYS SAME AS CASH

ABSOLUTELY NO INTEREST

COMPETITIVE PRICING

NEW & USED TIRES

321-327-7988
www.dealsonwheelsmalabar.com
1050 US Hwy 1 Ste #4, Malabar - 1/4 mile North of Malabar Rd.

Weather King
PORTABLE BUILDINGS

PURCHASE OR RENT TO OWN
NO CREDIT CHECK!

FREE DELIVERY & SETUP*

321-574-1337 3060 Dixie HWY NE (US-1) Palm Bay 32905

The **SHACK**
SEAFOOD RESTAURANT

10% OFF
Cannot be combined with other specials.
Expires 1-31-17

Open for Lunch & Dinner • 676-9995
Seafood & Beef Restaurant
4845 US1 NE, Palm Bay (1 mile North of Malabar Rd.)
theshackpb.com Like Us On 

 **NEED SOLAR?**
WE GOT YOU COVERED!



RESIDENTIAL & COMMERCIAL SERVICES
321.427.4429

Fear or Faith for the New Year

by Dan Taylor, Audioprosthologist, Mission Hearing

In his multi-million copy "Conversations With God" series

author Neale Donald Walsch wrote that if we follow any of our emotions back to their roots we'll find that their are only two real motivators to human actions; we are either operating from the fear of what might happen absent our actions, or from the faith that our actions will lead us to an experience we seek to enjoy. Now, I read that about twenty years ago, and it took a bit to get my head around it, but it's true.

The greatest thing taught in this lesson is that we all have a choice as to which of these emotions we allow to hold sway in our lives. We can live fearful ones, dreading what's to come, or we can live in the Faith that our actions will lead to a more enjoyable life experience full of hope, joy and happiness. The trick is to understand that there really is a choice, and it is our responsibility to make it.

When it comes to hearing loss, and dealing with it, either personally, or in helping a loved one cope with this incredibly common human condition, again, we operate out of fear, or faith. Fear will keep us from getting the help we need, if we believe that there really is no help, or that it's going to cost too much, or make us look old, less than whole, you name it. There are as many excuses for not getting help for a hearing loss as their are folks with an uncorrected loss.

Yet today, for the vast majority of folks, it is really only their fears that are keeping them from enjoying the benefits of both better hearing, and the richly improved life that it brings. The truth is that there has never been a time in history when there were as many successful ways to treat a hearing loss. Each chipset printed delivers us greater,



and greater capacity to provide relief, and greater benefits at less cost.

So, if you or a loved one are dealing with a hearing loss, or if you wear hearing aids, and would just like to experience the latest to see what they can do for you, that is what our Mission is all about, helping more people to help more people hear better.

The only thing stopping you from enjoying better hearing is your fears. All you need is a little faith in order to give us a call. We'll make it easy. There really is nothing to fear. Today's hearing gear is not only better, it's more affordable than ever. We have help for every lifestyle and budget.

We offer no cost, or obligation trial demonstrations, generous trade in allowances on old gear, multiple finance options, accept most insurance, and will do just about anything to help you, or anyone else to overcome their hearing loss.

So have, and live in the faith of a better year, better hearing, and a better life with better hearing. Better hearing allows for a much richer life, less stress. Those fun, social situations where you have trouble hearing, will become fun once again. You can join into the conversations, hear the grandkids, loved ones, the birds, the breeze in the trees, and all of those wonderfully rich

sounds associated with living life to the fullest.

We have so much faith in our future, community, and the people we serve that we make you this offer, come in and get your gear from us, and for every set of new gear we fit, we'll also help someone else less fortunate, who wouldn't be able to get help otherwise.

That's right, by helping yourself to a life of better hearing, you can be directly involved with helping us carry our mission to those who wouldn't be able to help themselves.

We can all make a difference in this New Year, if we just exercise our Faith. By exercising our faith we can not only enjoy a richer life for ourselves, but by joining our Mission, you can also make the world a better place for others less fortunate by simply taking care of yourself. What better way to start the New Year?

There is nothing to lose but that hearing loss you've been meaning to take care of anyway, and no greater joy than knowing you're part of making the world a better place through your actions, and faith.

Located in the Heart of Historic, Downtown Melbourne, Florida in suite #12 of the Arcade building at 720 East New Haven Avenue, for the past twenty-five years, formerly A Advanced Hearing Care, we've morphed the Mission to help more people to help more people hear better. For more information on how you can help yourself to a life of better hearing, and



make the world a better place, visit our website, at www.missionhearing.com, or call us at 321-722-2894?



Please see our advertisement on page 26.

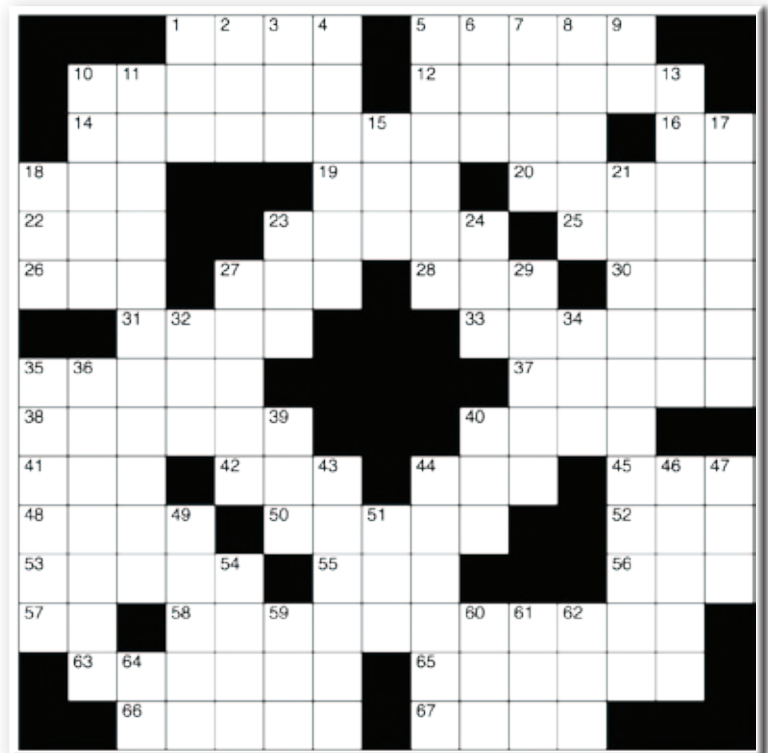
Spotlight Crossword Puzzle

clues ACROSS

- 1. Isodor ____, American Nobel physicist
- 5. One a day keeps the doctor away
- 10. Extents
- 12. Noticing
- 14. Scriptural
- 16. Star Trek character Laren
- 18. "The Crow" actress __ Ling
- 19. Not good
- 20. Measures gold
- 22. TV network
- 23. Wasting
- 25. Money in Ghana
- 26. Young girls' association
- 27. Title of respect
- 28. High schoolers take this test
- 30. Crunches federal numbers
- 31. Wild or sweet cherry
- 33. Celestial bodies
- 35. Fruit of the oak tree
- 37. Royal Navy ship during WWII
- 38. Of cherished symbols
- 40. Satisfy
- 41. 5th. day (abbr.)
- 42. Swiss river
- 44. Royal Albert Hall (abbr.)
- 45. Cool!
- 48. Flat metal shelves
- 50. Enclosed
- 52. A way to pass
- 53. City in Iraq
- 55. Printing speed measurement
- 56. Twitch
- 57. Indicates position
- 58. Made lawful
- 63. Took down
- 65. A way to travel on skis
- 66. North winds
- 67. Tunisian metropolis

clues DOWN

- 1. Seafood
- 2. Incan god of mountains
- 3. Ritzy LA neighborhood __ Air
- 4. Line that connect points of equal pressure
- 5. Audience-only remarks
- 6. Chest muscle (slang)
- 7. Pointed top
- 8. Lavender
- 9. Linear unit
- 10. Knives
- 11. 2016 World Series champs
- 13. A way to arrange
- 15. Talk
- 17. Serving no purpose
- 18. Container
- 21. Breathes new life into
- 23. Beloved dog Rin Tin __
- 24. A bag-like structure in a plant or animal
- 27. Yemen capital
- 29. Sacred book of Judaism
- 32. Make a mistake
- 34. Wrestlers wrestle here
- 35. Respiratory issue
- 36. In league
- 39. Resinous insect secretion
- 40. Unhappy
- 43. Turbulent area of a river
- 44. Neglectful
- 46. Sours
- 47. Calendar month (abbr.)
- 49. Grooves
- 51. Sony Pictures Television
- 54. Monetary units
- 59. Command right
- 60. 1,000 cubic feet
- 61. Expression of triumph
- 62. Dinner jacket
- 64. The first two



answers on page 44



A & A Auto Techs
Auto Repair You can count on

NEW YEAR SPECIAL
THROUGHOUT JANUARY!

Oil Change & Tire Rotation / most cars **\$29⁹⁹**
Includes 21 point Safety Inspection /most cars

Break Special \$189⁹⁹
New Pads & Turn Rotors Two Wheels / Most Cars

Military, Harris, Grumman, FIT Discounts
Serving Brevard for Over 14 Years
321-768-9688
Monday - Friday 8am - 5pm
4570 Babcock Street Suite 12 Palm Bay, FL 32905 (Palm Bay Service Plaza)



A real estate
company is
like a home.
The great ones
have a strong
foundation.

Randy Neuman comes with a
network of experience and are
backed by the most admired
name in business.

Stop by and get a free Real
Estate consultation from

Randy Neuman at

2000 Hwy A1A

Indian Harbour Beach

Florida 32937.

(321)652-7675



**BERKSHIRE
HATHAWAY**
HomeServices

Florida Realty

Good to know.™

<http://floridahomesbyrandy.com>

Randy Neuman • 2000 Highway A1A Indian Harbour Beach, FL 32937

© 2016 BHHS Affiliates, LLC. Real Estate Brokerage Services are offered through the network member franchisees of BHHS Affiliates, LLC. Most franchisees are independently owned and operated. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc. All information not verified or guaranteed. If your property is currently listed with a Broker, this is not intended as a solicitation. Equal Housing Opportunity. ®

Health First’s commitment to giving back to the community is as bright as the holidays themselves. Recent events hosted to help children in need and soldiers stationed overseas are living proof.

Among the efforts were special card-signing stations at various Health First locations. There, associates had the unique opportunity to write handwritten, personal messages to our overseas soldiers, expressing gratitude for the sacrifices our military continues to make. Thousands of holiday cards were sent to service members – each with a candy cane.

For the fourth year in a row, Health First partnered with the South Brevard Sharing Center to help fulfill wish lists



for children who otherwise may not have received gifts for the holidays. Health First associates and South Brevard Sharing Center volunteers purchased gifts for more than 600 children in Brevard County — many of whom are homeless — as part of the Sharing Center’s “Children Without Christmas Toy Drive.” Purchased gifts are delivered to the children via a Sharing Center truck before Christmas Day.

But sometimes, it’s our associates themselves who inspire the community.

Health First was on the receiving end of a random act of Christmas kindness, compliments of a nine-year-old boy. Yerik Cywinkito, a former patient of Health First’s Palm Bay Hospital, recently delivered sandwiches to hospital associates, demonstrating his appreciation for all the hospital’s associates do for the people in our community. In return, Health First invited young Yerik to have the honor of lighting Palm Bay Hospital’s holiday tree. All four Health First hospitals held tree-lighting ceremonies on Dec. 8. (PHOTO)

The holidays are always special, and Health First is thankful for the joy and love our associates, patients and neighbors displayed this season. We are looking forward to a happy and healthy 2017.

PUZZLE [PG42] SOLUTION
How well did you do?

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

Paying Too Much for Your Meds?



Call for
**FREE Quotes on
your prescriptions.**

**WE SAVE YOU MONEY!
Up to 75% OFF**

• **Offering Home
Delivery Service** •

"Little" Joe Ponds
sales@canadianmeds-melbourne.com
321-574-6976



**CanadianMeds
of Melbourne**

Still Paying Full Price For Your Medications?...Or In The Donut Hole?

1103 W. Hibiscus Blvd., Suite 311, Melbourne 32901

www.veteranownedbusiness.com/business/13933/
canadian-meds-of-melbourne



METAL ROOF

SAME PRICE AS SHINGLES

Hippo Roofing LLC

321.951.2500

www.HippoRoof.com

1555 N. Harbor City Blvd. • Melbourne

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 fom Jersey Mike's Subs**

OUR WINNER LAST MONTH WAS
Debbie Townsend of Palm Bay

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**

Advertiser	Page #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

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

Name: _____

Age: _____

Address: _____

City: _____

State: _____ Zip: _____

CINEMAWORLD



MOVIE NEWS!



Gold

Opens: January 27, 2017

Director: Stephen Gaghan

Cast: Bryce Dallas Howard, Matthew McConaughey, Toby Kebbell

Synopsis: An unlikely pair venture to the Indonesian jungle in search of gold.

Seniors: \$5
All Movies, Everyday!

www.cinemaworldonline.com

CUSTOM T-SHIRTS

TROPICAL DESIGN

Matthew 6:33

LARGEST PRODUCER IN BREVARD
PRODUCING UP TO 10,000 SHIRTS A DAY

BEST EQUIPMENT IN BREVARD

GREAT FOR YOUR CHURCH,
SCHOOL, CLUB, BUSINESS OR RETAIL

IN HOUSE ART DEPT.



321-255-9030

397 PINEDA COURT MELBOURNE, FL 32940

WWW.TROPICALDESIGN-T-SHIRTS.COM



For **RELIABLE - DEPENDABLE - ETHICAL** Businesses call the Better Business Council of the Melbourne Regional Chamber. Serving Brevard County since 1961, the **BBC** is your trusted source for reliable business referrals.

Don't get disappointed, call us first: **321-984-8454**

MELBOURNE **regional**
CHAMBER of East
Central Florida

**BETTER
BUSINESS
RECIPIENT**
For January
2017



RING IN THE NEW YEAR! WITH LOTS OF SAVINGS!



2pc Chocolate Sectional w/FREE Ottoman

Reversible Chaise

ONLY \$699⁹⁵

Melaya Sofa & Loveseat

1 Set Only!

ONLY \$899⁹⁵

Greenville Reclining Sofa & Loveseat

2 Colors

ONLY \$899⁹⁵

Pecos Reclining Sofa & Loveseat

2 Colors

ONLY \$1199⁹⁵

Milhaven Reclining Sofa & Loveseat

1 Set Only!

ONLY \$1299⁹⁵

Trinell 4pc Wall Unit

ONLY \$899⁹⁵

Beechnut Qn Bed, Chest, Nightstand

ONLY \$499⁹⁵

Catalina Qn Bed, Dresser, Mirror, Nightstand

1 Set Only!

ONLY \$899⁹⁵

Sanibel Qn Bed, Dresser, Mirror, Nightstand

2 Colors

ONLY \$899⁹⁵

Allura Qn Bed, Dresser, Mirror, Chest, Nightstand

1 Set Only!

ONLY \$1599⁹⁵

Freimore 5pc Dinette

ONLY \$299⁹⁵

Fattori 5pc Pub Set

ONLY \$399⁹⁵

Amelia 7pc Counter Height Dining Room

1 Set Only!

ONLY \$599⁹⁵



3388 W. New Haven Ave. Melbourne, FL 32904
321-956-6800 MON-SAT 10-7
 Financing Available SUN 11-5
www.sleepyheadsinc.com

KANES
Wicham Rd.

192

More Than 130,000 Pounds Lost AND COUNTING

Losing weight is a journey. Let us help make every step count.



← 108+ LBS.
DOWN

Stanley: 108+ LBS. DOWN
NewFit Patient

COME TO Health First Weight Loss Services And Take Advantage of:

- The area's most versatile range of robotic and laparoscopic bariatric procedures including:
 - ▶ Gastric Bypass
 - ▶ Gastric Sleeve
 - ▶ Gastric Band
 - ▶ Gastric Balloon
- Non-surgical alternatives, such as our 15-week program designed to kick-start weight-loss
- A multi-tiered, highly-individualized strategy for optimum results and maintenance
- Free Education Seminars, Support Groups, and One-On-One Visits to help you find the best fit for you!

For more information or to rsvp for a seminar call 321.434.9230 option 3 today!

**Health
First**

NewFit



MIND

DIET

EXERCISE

& BEYOND

HFnewfit.com