

COMPLIMENTARY

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spotlight

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MAGAZINE

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**Get Lost in Your
Memories While
Holiday Shopping
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy Hanukkah! However you celebrate, I extend to all of you my very best wishes for the holiday season.

Every year, I look forward to Christmas with my family and sharing with them the special traditions that have been a part of our celebration for years. We keep our focus on the birth of our Savior as this is the centerpiece of the Christmas holiday. We look forward to this season all year, as it is a time to rejoice and revel in the peace and blessings and joy that surround the holiday.

On a more somber note, I would like to dedicate this Christmas issue of Spotlight Magazine to a dear friend and long-time contributor to Spotlight, Cecelia C. Danas, who recently passed away. Many of you have enjoyed her Spotlight on Cooking columns that have appeared in this magazine for the past 17 years. This holiday issue will contain her last Spotlight on Cooking. Cecelia was a lovely person who shared her light with everyone she met. She will be missed by all who knew her as well as by our readers who have looked forward to her recipes over the years.



Cecelia C. Danas

Please remember, as you deal with the Holiday hustle and bustle, that there are many out there for whom this season is not so merry, those in need, those who are alone. Share what you can and keep them in your prayers. Generosity and kindness are all a big part of living in the Spirit of the Season.

God Bless,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

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A MONTHLY PUBLICATION
December 2017 | Volume 20 | Issue 12

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*Lisa and Henry Olender, the Owners of
the Indian River Antique Mall.*



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AS SIMPLE AS THAT

by Jim Campbell, Pastor, Bay West Church of Palm Bay

As I begin to look over my color coded calendar for the next month, mall the myriad of programs, concerts, family events, shopping, travel, and honestly, it looks like a pizza exploded. It's hard not to get completely overwhelmed...even hyperventilate...when you consider the logistical gymnastics that it takes to get through the "most wonderful time of the year". Maybe you identify with that... Maybe your schedule is similar.

It can seem like the one thing that most want to do... peacefully enjoy a holiday...gets swept away in the flood of all of those wonderful things we create to get the most of out the season. Strange how that happens? Every year, we try to prevent it.

When I was younger, I didn't like to take naps, because I was afraid that I'd miss something. It's amazing how we can give up rest for fatigue...that's what complication can do to you.

One of the great things I enjoy about following Jesus is something that you really don't think about... the simplicity. One of the most balancing factors for me is what Paul wrote in Colossians 3. "Christ,

who is our life..." 5 words, simple message, simple philosophy... What it says is that everything in my life is really governed by one thing. My relationship with Christ. My family, my career, my hobby, my holiday schedule...



If I will look to take care of the one thing in my life, Jesus, the rest of my life will fall into place. I don't have to chase every opportunity, every party, every program...every opportunity for my children, for my career...no matter how good they all look, because if I follow Jesus, as close as I can, He'll lead me to the path of most benefit.

It's as simple as that. Merry Christmas!

Jim Campbell (@jwcamp on Twitter) is the Lead Pastor of Bay West Church, which meets at 100 Emerson Drive in Palm Bay on Sundays at 11am. For more info on Bay West Church, Like us on facebook.com/baywestchurch, or see baywestchurch.com.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...He will not let you be tempted beyond your ability..."



"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,
I have a very long, and bad, history of drug use. I have Hepatitis C from sharing needles, I've been in and out of jail and I've even lived in the woods for a while. Things changed for me, back in 2000; I got saved, gave up the drugs and found a job. I know all of this is God's amazing grace.

My problem is, I'll be really good for a while, but then I end up running into someone I used to party with, or the guy that used to hook me up, and I end up messing up again. Why does God allow me to be tempted like this when I'm trying so hard to stay clean?
-Jon of Palm Bay

Dear Jon,

You've come a long way! When I hear testimonies of how God's changed lives, I'm overwhelmed by awe and amazement.

You need to remember, Satan is the supreme tempter (1 Thessalonians 3:5), and we can't break satanic strongholds in our own strength. Satan still prowls the earth, like a roaring lion, looking to drive a wedge between God and His children—and he is relentless. In 1 Peter 5:8, we are warned to be sober-minded and watchful (vigilant). The good news is, "No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it" 1 Corinthians 10:13 (ESV).

An excellent example of this is found in Genesis 39:6-12 (NIV).

So Potiphar left everything he had in Joseph's care; with Joseph in charge, he did not concern himself with anything except the food he ate. Now Joseph was well-built and handsome, and after a while his master's wife took notice of Joseph and said, "Come to bed with me!" But he refused. "With me in charge," he told her, "my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?" And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her. One day he went into the house to attend to his duties, and none of the household servants was inside. She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house.

The Word of God has always been our best defense against Satan's temptations. You must stand firm, and do not associate with people from your past that will cause you to stumble. Set boundaries, and if these people do not honor them—run!

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds" 2 Corinthians 10:4 (ESV). In Ephesians 6:10-18, Paul describes these resources (available to believers) as "the armor of God." We need to commit ourselves to "get dressed" spiritually everyday. That is: the belt of truth, the breastplate of righteousness, the gospel of peace, the shield of faith, the helmet of salvation and the sword of the Spirit (which is the Word of God). We are to be strong "in the Lord" and "in the power of His might."

Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: valeridoll@msn.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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CELEBRATING THE HOLIDAYS as a Blended Family



Emotions run deep come the holiday season. Holiday planning can be hectic, especially for blended families.

Today's families are increasingly blended,

meaning they're a combination of families due to divorce or death. Even though the holidays are meant to be joyous, navigating traditions and accommodating the unique needs of all involved including cultural traditions, visitation schedules, rituals, and religious beliefs can be challenging. But blended families need not fret as they attempt to negotiate Christmas, Chanukah, Kwanzaa, or New Years.

Logistics

The first step to holiday planning is to keep in mind predetermined custody or visitation agreements. Although there can be hope for holiday flexibility and generosity, try to stick as close to existing arrangements as possible. Some families choose to divvy up particular holidays throughout the year in advance. Others may do it as plans get arranged. As long as the arrangement is fair to everyone, the choice is up to the families. The plans should be made known to all involved.

Discuss expectations

The Stepfamily Association of America says that communication during the holiday season is vital, especially for children, so they know what to expect. Writing down specific itineraries can help alleviate the stress of not knowing where they will be at a given time.

All members of the family should vocalize how they feel about particular aspects of the holidays so that no one is disgruntled. Do not expect others to be mind readers. Perhaps one person is focusing a significant amount of energy on trimming the tree when that isn't as important to others. Discussing expectations can make planning that much easier.

Create new traditions

The holidays without everyone under the same roof enjoying traditions that have been part of celebrations for years can contribute to feelings of anxiety for people accustomed to these annual traditions. Draw the focus away from how things used to be done and create new traditions that all can anticipate. Host a holiday movie night if this isn't the year to have the kids for Christmas. An annual outing to see a concert or show might be a new tradition the entire blended family can enjoy.

Don't expect perfection

Putting too much emphasis on trying to make the holidays perfect can backfire. Blended families must recognize that holiday celebrations will change. It can take time to find a new celebratory rhythm, and comparisons always will be made. It's acceptable to have mixed feelings about new traditions, but each member should go into the season with a positive attitude.

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Get Lost in Your Memories WHILE HOLIDAY SHOPPING

Indian River Antique Mall opened to the public August 18, 2014, with anticipation that the Antique Hunters, Collectors, and General shoppers would come and be amazed to find their personal treasure. Owners, Henry and Lisa Olender, were more than delighted to realize the variety of merchandise the dealers displayed. Indian River Antique Mall is set up that over 120 dealers can lease a booth space, decorated in their own style, and display the merchandise they choose within the guidelines of the malls' specifications.



At Indian River Antique Mall customers step into a store that is clean, well-lit, with wide aisles and merchandise that is highly diversified. Customers enjoy shopping in a climate controlled 20,000 square feet antique - vintage – collectible mall. The store provides appealing and relaxing shopping atmosphere where treasures of yesterday are unlimited. Furniture, Decor, Trunks, Lamps, Mid-century Modern, Jewelry, Art, Fenton, Old Fishing Lures-Reels, Collectibles, Vinyl Records, Shabby Chic, and more...

Customers have said that not only did they get lost in their memories as they perused the merchandise, they lost track of time. Since merchandise changes so frequently, hundreds of customers return regularly to find that special unique one of a kind treasure. Indian River Antique Mall is one of the largest antique malls in Melbourne and Brevard County. Vintage and Antique items have stood the test of time and will now be enjoyed by the next generation. Military Items, Coins, Pyrex, Fire King,

Corning, Danish Teak, Lucite, Rattan and other period era items can be found at Indian River Antique Mall. There is

Here is a small sample of customers 5-star reviews:

"The owners and staff are super nice and helped my husband and I find furniture pieces that will be going in our first Store Front...Anything you want they probably have it!!! This place is a gem and I can't wait to go back and get more pieces to add to our 'new home'" -Andrea B.

"Had a great time for our first visit. We found beautiful things, odd things, grand things. So much fun! And the people are great, too!" -Shanna D.

something for everyone, in every price range. You can buy one item that you Love, or you can decorate your house with Shabby Chic, Mid-century Modern, Primitive, and more... We also feature local Florida artists. We carry a great assortment of Sam Newton, the defiant highwayman, Jerry Cassell (sea life and fauna), and Faye Bitzer (Florida cranes and birds).

Why Become a Dealer

Have you ever thought about having your own antique store? Once a financial plan is put together with rent, long-term lease, electric, phone, internet, credit cards, supplies, inspections, permits, insurances, filing taxes, government forms, advertising, and finally employees (one can't do it all alone), one quickly comes to the realization that Indian River Antique

Mall has a better dealer program and it's more desirable than another Antique Mall. To begin, the Store is in a Beautiful Busy location, rental rates are very reasonable, and

while the stores' rent may go up, you are guaranteed no rate increase for as long as you are in the booth you start with.

The best part is a low-risk month to month contract. Beyond that, we only charge a small commission rate and no more. Dealers set-up and maintain the merchandise then Indian River Antique Mall does the rest. The dealer receives daily sales update. There are no credit card fees to dealer or customer, no charge for a large advertising budget, or supplies. This is absorbed in the commission while it may not be inclusive at other Antique Malls. Indian River Antique Mall maintains a well-lit store, with wide aisles for ease of moving furniture, boxes, and carts. Indian River Antique Mall has The BEST Staff you will find anywhere that's friendly, knowledgeable, motivated and conscientious. They are there to assist customers from the welcoming thru the front door, showing items in locked cases, carrying items to the counter, speedy checkout, and assistance if required to their vehicle.



Henry and Lisa Olender have been in the Antique business since 2002 and have personally been dealers in several different Antique Malls. Over the years Henry and Lisa learned what works best for the success of dealers and Antique Mall. They were previously contracted by a company to set up three Antique Malls. In 2014 Henry and Lisa decided to start their own, "Indian River Antique Mall". Their previous experience in Manufacturing lent itself to their expertise in Floor Capacity Management, Operations, Inventory Control, and Customer Service. Now they applied their expertise to



bring dealers and customers together at Indian River Antique Mall "FIND EVERYTHING YOU LOVE AND MORE ..."



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Lisa and Henry Olender, Owners

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Box & Send –Not Your Average Neighborhood Shipping Company

We're here with Box and Send, a shipping services company in West Melbourne, Florida. Box and Send has been a fixture in the community for many years and below is an overview of who they are and what they do.

Can you tell me a little about Box and Send?

Absolutely! Box and Send Business Center has been locally owned and operated in the West Melbourne area for over 25 years!

While we are primarily known as a shipping and mail center, we do much more than that. For example, we successfully manage sales and marketing campaigns for a number of local businesses. Not only do we handle the design, layout and print, but also addressing and mailing the printed collateral. What's more, we are told time and again, that our prices are excellent and hard to beat!

In addition, we also provide printing services, personal mailboxes with a real street address, secured document shredding, promotional products, and of course, our shipping services.

Tell me more about your shipping services.

Box and Send uses the 4 major carriers; UPS, USPS, FedEx, DHL and a small number of freight carriers. We are a full service business. Meaning we will pick up, pack, prepare the goods, and manage the logistics until the goods reach their final destination.

What kind of items do people bring in to be shipped?

Over the years we have seen some interesting items shipped off. In the last year we've had a few interesting items come through the doors. Recently, we've shipped a motorcycle, kiln, remote controlled boat, antique statue, and since Irma, many generators to Puerto Rico.

There are a few Box and Send type businesses in the Melbourne area. Why should customers choose Box and Send?

Because we are the best at what we do! Being a small business, we don't have a choice. Our success lives and dies by repeat customers and referrals. So, it's imperative that we put our hearts and souls into our work, and we do! We have customers who've been with us 8, 10, 12 years! I also



believe our clientele continues to come back is because they know we stand behind what we do. Every business makes mistakes, including ours. But the difference is how we react and clean up the mistakes we make.

Last question. With companies like the UPS store offering similar services, how do your prices compare?

That is a great question! You would think that those chain stores would be more price competitive. However, the fact is we are actually just as competitive, if not more. In fact, we will gladly accept our competitors'

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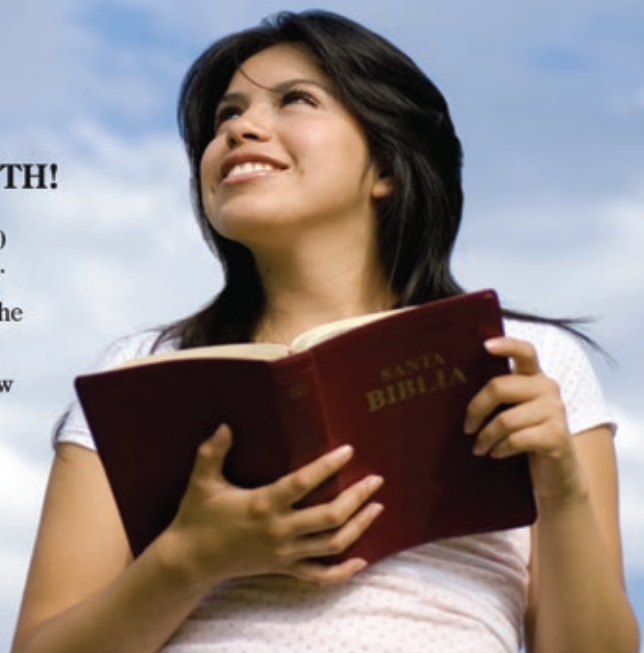
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STOP DREAMING ABOUT QUALITY SLEEP AND DO SOMETHING

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



An old Chinese proverb states, "Only when one cannot sleep does one know how long the night is." Anyone who's ever experienced an occasional bout with insomnia—and that's most of us—can relate to this all too well.

In fact, surveys have shown that between 40 and 60 percent of the general population has trouble sleeping. Daily stress and worries, pressures from job and family, body aches and pains caused by uncomfortable beds or pillows, and a host of other issues can keep a person from getting enough quality sleep.

Sleep is critical to good health and functioning, so lack of it is a serious matter. "Sleep is one of the most important functions of the brain," says Frederick R. Carrick, DC, PhD, president of the American Chiropractic Association's Council on Neurology. Through it, our bodies recharge and renew for the next day's challenges.

As wellness experts, doctors of chiropractic can provide patients with a different approach to their sleeping problems—without the use of sleeping pills, which leave many people in a mental

haze the next morning. To start, here are a few helpful tips they would recommend for the sleepless in Seattle (or any city, for that matter):

Exercise regularly. Exercising in the morning is best, but if you must exercise in the evening, do so at least two or three hours before bedtime. Any later, and your increased heart rate can interfere with your sleep.

Limit your intake of caffeinated beverages such as coffee, colas and tea—try to avoid them altogether late in the day and near bedtime.

If you have trouble sleeping and then get thirsty, drink tap water at room temperature (cold water may disturb the digestive system).

Eat an early dinner. Eating after 6 p.m. may interfere with sleep as your body works to digest the food you've eaten.

Go to bed at the same time each night and get up at the same time each morning. The routine will help your body know when it is time to rest.

Keep your bedroom at a cool, comfortable temperature and try to make it as dark as possible when you're ready for bed.

Useful mattress facts...

A mattress should provide uniform support from head to toe. If there are gaps between your body and your mattress (such as at the waist), you're not getting the full support that you need.

Every few months, turn your mattress clockwise, or upside down, so that body indentations are kept to a minimum. It's also good to rotate the mattress frame every so often to reduce wear and tear.


If you're not in the market for a new mattress, and your current mattress is too firm, you can soften it up by putting a 1- to 2-inch-thick padding on top of it - usually available at mattress and bedding stores.

Next, pillow talk...

When choosing a pillow, be selective. When lying on your side, your head and neck should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine. In other words, your pillow should not be so thick that it causes your head and neck to be propped up or angled sharply away from your body. If you find yourself sleeping on your side with one hand propped under your pillow, that's a clue that you're not getting the support you need from that pillow.

Chiropractic Care Can Help...

If you continue to experience pain and discomfort at night or have difficulty falling asleep, visit your doctor of chiropractic. Doctors of chiropractic are trained to treat spinal problems that can interfere with a restful night's sleep. They can also offer nutritional and ergonomic advice that can help improve the quality of your sleep.



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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

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Christmas Celebrations & Keeping it Simple

Our children in WON's orphanages in India and Cameroon will not only be celebrating Christmas quite differently from children in the USA, but they will also be celebrating Christmas quite differently from each other.



much more open. Our children's choir from the orphanage will bring much joy as their beautiful African voices sing loud and enthusiastically celebrating the birth of Jesus Christ. They were

even invited to sing at the US embassy in the nation's capital Yaoundé a few years back. The kids will also be busy making dozens and dozens of cookies that they take around to another orphanage that is for disabled children and they will also help with other outreaches to help the very poor.

IN INDIA: Christians in India make up only 2.3% of the population and celebrating Christmas in a country where Christians are in a minority is very different from celebrating Christmas in our western culture and countries that have a predominant Christian population. India is officially the largest democracy in the world, but there is much evidence of persecution. Still the church can and does celebrate



Christmas. Our children schedule will be full in the weeks leading up to Christmas as they sing and dance in Gospel outreaches in villages and towns to share the love of Jesus. The emphasis is not on getting, but on giving. Many blankets are donated to the elderly and sack of rice, oil and lentils are given to the very poor in the villages and local leper colony. The birth of Jesus is the focus of all celebration!

IN CAMEROON: Christians in Cameroon make up 70% of the population and celebrating Christmas is

Christmas is celebrated in a much simpler way in these countries. Small gifts are given, special foods are enjoyed, but the emphasis is celebrating the birth of our Lord Jesus Christ. May we too remember and focus on what Christmas is all about in our society that wants to secularize and market Christmas to not only drive more sales, but also to get our focus off of the birth of Jesus Christ.

John 3:16-17. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

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BEAT HOLIDAY STRESS with these Supplements

by Dr. Kevin Kilday, PhD, D.PSc., Holistic Health Center, Specialties: Natural Therapies for Cancer

As you all know by now the holidays bring a lot of fun,

laughter and good times but the stress of it all can bring devastating effects on you both physically and mentally. Stress can cause a number of symptoms such as anxiety, mood changes, multiple digestion problems, aches and pains, insomnia just to name a few. The following supplements will help you with stress and the symptoms of stress.

Stress Symptoms: Digestion, Moods, Immune System

Take a Probiotic Supplement (not all probiotics are created equal) use an 8 strain probiotic with a prebiotic and 14 billion CFUs to help ease your stress. They optimize the digestive system, help



with heartburn and indigestion, reduce gas and bloating, boost overall immune system function, and enhances moods. The bacteria in your gut can influence your mood

and vice versa, so it's no surprise that a recent French study found that people given probiotic supplements for a month felt less angry and depressed and were able to solve problems better. Since gut bacteria produce half our dopamine and 90% of the serotonin, two neurotransmitters that have a profound impact on mood, taking probiotic supplements with a variety of bacteria strains may help to modify our bacterial makeup to have more beneficial, mood-boosting (and health-promoting) bacteria.

Stress Symptoms: Pain

Take Boswellia: lowers inflammation, reduces joint and arthritis pain, helps fight cancer, speeds up healing from infections and potentially prevents autoimmune diseases.

Stress Symptoms: Anxiety, Muscle aches, Insomnia

Take magnesium: which has a hand in more than 300 biochemical reactions in the body, is important for the contraction and relaxation of muscles, energy transport and the support of normal nerve function. Relaxes the body while also easing anxiety. For best absorption use glycinate or chelate form. Take at least one hour prior to bedtime for sleep.

Dr. Kevin Kilday, PhD, D.PSc, Director of Holistic Health Center, Alternative Cancer Solutions, Addictions, Chronic Health Conditions, 321-549-0711, www.holistichealthcenter.us, All supplements mentioned in the article are in stock.

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IN MEMORY OF CECELIA DANAS SPOTLIGHT ON COOKING



In Memory of Cecelia Danas, our Spotlight On Cooking contributor for the past 17+ years.

In honor of Cecelia passing, we are re-running a recipe that she always enjoyed making during the Holiday Season. Cecelia, you will be missed by all who have known and loved you, may you rest in peace and Thank You for the many wonderful recipes you have shared with us.

Moussaka

6 eggplants	2 cloves of garlic (chopped)	pinch sea salt and freshly ground black pepper	3 1/2 c milk
vegetable oil (for frying the eggplants)	1-14 oz can chopped tomatoes	1 bay leaf pinch of cinnamon or one cinnamon stick	1/2 stick butter
For the meat sauce:	2 lbs chopped beef or lamb	1/4 c olive oil	3.5 oz flour pinch of nutmeg
2 red onions (chopped)	2-8oz glass of red wine		2 egg yolks
			3.5 oz Parmigiano-Reggiano or Kefalotyri

Begin by preparing the eggplants. Remove the stalks from the eggplants and cut them into slices, 1 cm thick. Season with salt and place in a colander for about 30min.

Rinse the eggplants with plenty of water and squeeze with your hands, to get rid of the excessive water. Pat them dry and fry in plenty of oil, until nicely colored. Place them on some paper, in order to absorb the oil.

Prepare the meat sauce for the moussaka. Heat a large pan to medium-high heat and add the olive oil. Stir in the chopped onions and sauté, until softened and slightly colored. Stir in the garlic, tomato puree and the mince breaking it up with

a wooden spoon and sauté. Pour in the red wine and wait to evaporate. Add the tomatoes, the sugar, a pinch of cinnamon, 1 bay leaf and some salt and pepper. Bring to the boil, turn the heat down and simmer with the lid on for about a half an hour, until most of the juices have evaporated.

Prepare the béchamel sauce. Use a large pan to melt some butter over low-medium heat. Add the flour whisking continuously to make a paste. Add warmed milk in a steady stream; keep whisking in order to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat while continuing to stir. Remove the pan from the stove and stir in the rest of the

ingredients. Whisk quickly, in order to prevent the eggs from turning an omelette!

Assemble the moussaka. For this moussaka recipe you will need a large baking dish. Butter the bottom and sides of the pan and layer the eggplants. Pour in the meat sauce and even out. Add a second layer of eggplants, top with the béchamel sauce and smooth out with a spatula.

Sprinkle with grated cheese and bake the moussaka in preheated oven at 325-350 for about an hour, until crust turns light golden brown.



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Online Banking SAFETY TIPS

In the digital era, many errands that once required leaving the house can be conducted from the comforts of home. Groceries can be ordered online and delivered to consumers' doorsteps, while bills can be paid online, saving men and women from having to drive to their nearby post office.

Online banking has revolutionized the way people manage their money. Investors can buy or sell stocks with the click of a mouse, and money can be moved across accounts just as easily and instantly. Many consumers now even do their banking on their mobile phones. In fact, a 2016 study from the Federal Reserve found that 67 percent of millennials use mobile banking, suggesting that mobile banking is the wave of the future.

While online or mobile banking makes it easy for consumers to manage their money, it's also potentially much riskier than in-person banking at the bank. Unseen hackers and thieves are lurking online and in places where Wi-Fi is open and free, so online and mobile banking enthusiasts must exercise caution when accessing their accounts.



- **Sign up for two-factor authentication.** Some banks and credit card companies now provide two-factor authentication, and some may even insist their customers use it. Two-factor authentication requires two forms of verification before users can log into their accounts. The first might be the traditional username and password, while the second might be a temporary code texted or emailed to users after they log into their accounts. Some consumers may feel two-factor authentication is tedious and slow, but it's an effective safety measure that should only delay online or mobile banking by a few seconds.
- **Use only secure network connections.** Public Wi-Fi can be convenient, but consumers should

never use such connections to do their online or mobile banking. The American Bankers Association suggests consumers always do their online banking via their own private home networks. Consumers who routinely use public Wi-Fi, even if it's just for basic internet surfing, should log out of mobile banking apps or websites before logging on to public networks.

- **Change passwords frequently and avoid using the same password for more than one account.** Many banking websites advise customers if their passwords are weak or strong when customers first set up their accounts. Even if customers' passwords are deemed strong, it's best to change them periodically so hackers or criminals cannot guess them. And consumers should never use the same password for more than one account, as that can make it much easier for criminals to steal consumers' identities.
- **Monitor credit scores.** Consumers have the right to one free credit report each year, but many credit card companies now update customers regarding their credit scores once per month.

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IS IT TIME FOR A "SMART FIREWALL?" SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



With the growing popularity of Internet-connected devices in the home, like web cameras, thermostats, doorbells and lighting systems – often referred to as the 'Internet of Things (IoT)' – securing those devices is a critical step in keeping them safe. 'Smart firewalls' are an emerging category of security products designed to help users protect all their connected devices.

The Latest Attack Vector

IoT devices are becoming a more popular attack vector for the underworld because of their sheer numbers. Current projections expect the number of IoT devices to exceed the number of mobile phones in 2018, with an estimated 18 billion IoT devices in use by 2022.

Hackers go for easy targets, and with the relative lack of focus on security by both manufacturers and consumers, IoT devices are in their crosshairs. Easy-to-compromise devices are being 'recruited' to become a part of an army of devices known as a 'botnet' that can wreak havoc in a number of ways. Botnets allow the controller to direct

thousands of devices to attack a specific website, essentially making it inaccessible to real users (aka Denial of Service attacks).

Users of compromised computers and IoT devices rarely have any idea that their devices are being used for malicious purposes, which is where smart firewalls can help. The recent discovery of the KRACK Wi-Fi security hole (<https://goo.gl/4qv4ur>) is just another reason to take security seriously; especially since some IoT devices can't be updated to fix newly discovered security holes.

How They Work

Smart Firewalls are hardware-based devices that can do a better job of managing lots of devices versus a typical software firewall. The 'smart' portion of the device analyses your network traffic in real time to identify threats or suspicious activity, block them, and notify you of the activity.

This approach to network security is common in sophisticated business

networks with tech savvy administrators that know how to configure powerful routers. Smart Firewalls takes the need for tech skills out of the equation, because they're generally pre-configured to start protecting your entire network as soon as you plug them in.

Early Stage Development

The first devices in this category started appearing in just the past couple of years, so we're in the early stages of development. Some of the early entrants like the Bitdefender Box (<https://goo.gl/Rg1Yx8>) are in the process of releasing their second-generation products while the Cujo (<https://goo.gl/AsbuhE>) has received lots of praise for its ease of setup and use.

Another newcomer is the Norton Core (<https://goo.gl/ueewTA>), which is one of the more expensive solutions and is so new that there is not much of a track record for it.

Virtually every option available requires either a monthly or yearly subscription to provide a cloud-based threat analysis, so make sure you include this ongoing cost in your comparisons.

There are devices that don't require a subscription, such as the RATrap (<https://goo.gl/ztl6sT>), but some users have complained about slower Internet speeds and it won't work with modem/router combo devices. This category of devices is so new that I'm personally going to wait to see how things shake out before committing to any of the platforms.

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The Christmas Cataract...

A Happy Ending Waiting for Your Story...

Dr. James McManus & Dr. Jason Darlington want to give the gift of sight to two residents of Brevard County who have cataracts, and are in need, this Christmas Season.

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DR. JAMES McMANUS & DR. JASON DARLINGTON CONTINUE THE TRADITION OF THE CHRISTMAS CATARACT

In the spirit of the Holiday season, Dr. James McManus & Dr. Jason Darlington seek to give the gift of sight to two individuals in need.



James N. McManus, M.D., Board Certified Ophthalmologist and Cataract Specialist at The Eye Institute for Medicine & Surgery, and his colleague, Jason K. Darlington M.D., want to give a very special gift to two residents of Brevard County this Christmas season: **the precious gift of sight.**

Dr. McManus and Dr. Darlington will be continuing the tradition known as "The Christmas Cataract," which Dr. McManus 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," 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," explains Dr. Darlington.

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 and Dr. Darlington are pleased to continue this sight restoring program and hope to continue it 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 and Dr. Darlington will review all the entries and carefully determine the individuals 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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Old-Time Flashback Candy for the Kid in You

by Dr. Sal Giorgianni, Pharmacist and Owner,
Dragonfly Botanica Apothecary and Tea

All Baby Boomers fondly remember those great candy treats we enjoyed as youngin's. Most of us can still hear those catchy TV and radio jingles were part of enjoying those confections. I'm sure we all have our favorite candy and our favorite jingles so, here's a bit of a fun Memory Jogger: what candy jingle showed a young Choo-Choo Train Engineer shaking a box of these little pink-and-white taste bites? How about the "Nothing smacks like, cracks like, tastes like....." candy you know, the one with the circus tent on the label? Remember standing in the school yard and seeing who could keep this red fiery hot confection in their mouth the longest? And my own favorite goodie, "What A Chunk Of Chocolate!"

There many little vignettes of how these confections found their way onto shelves and into our hearts and memories – here are a few of these sweet stories. NECCO wafers are one of the oldest American candies dating back to 1847. They were so popular that they were carried by Union Civil War and WWI-II Solders. A formula change in 2009 to make



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a more "natural" product was a dud with NECCO wafer fans and the New England Confectionary Company quickly retroed-back to the original formula in 2011. Those dentist-arch-enemie Mary Jane candies were an overnight success that took 30 years to develop. It took that long for Bostonian Charles Miller along with his son to get just the right flavoring for this peanut butter and molasses classic penny-candy named after the older Miller's favorite aunt. The gest old time candies are made just the way they were way back in the day.

These classics are increasingly difficult to find in shops. Dragonfly Botanic is broadening our apothecary product line with a fantastic assortment of these candies. While no longer a penny they are still great tasting treats. Come in and enjoy a bit of nostalgia and share – along with childhood memories – with the younger generation! We can make up sweet treat gift packages for the holidays or Christmas Stocking Stuffers. We also have classic holiday treats like Christmas candy corn, necklaces & raspberries, satin ribbons, chocolate coins, candy buttons and even packets of Candy Coal for those who have been a bit more naughty than nice.

Answers: Good & Plenty – Bonomo's – Atomic Fireballs – Chunky

THE HISTORY OF Christmas Stockings



Just when the excitement of opening presents abates and after the last of the packages under the Christmas tree have been torn open, children and adults alike may discover that there are more treats to be had nestled inside of stockings hung on the mantle.

The hanging of Christmas stockings is a tradition with an extensive history. Several legends attribute the hanging of stockings to different people or events. Here is a look at some of the stories that have made Christmas stockings so popular.

St. Nicholas Day

Rather than hanging stockings on Christmas, many countries celebrate Saint Nicholas Day on December 6, and this is when stockings are proudly left out for treats. The small, inexpensive trinkets are later unwrapped and enjoyed on Christmas Day.

Dutch heritage

One tradition says that, in 16th century Holland, children kept their clogs filled with straw in front of the hearth for Santa's reindeer to find. They also left treats for Santa Claus. In return, Santa would leave gifts in the clogs. Over time, stockings were swapped out for clogs.

Merchant's family story

A popular tale tells the story of a merchant, his wife and three daughters. After the wife falls ill and dies, the man becomes devastated and squanders all of his wealth on frivolous things to mask his sadness. When it comes time for the daughters to marry, the man does not have money for a dowry. St. Nicholas hears of the plight and knows the man would be too proud to accept charity. Therefore, St. Nicholas anonymously tosses three bags of gold coins down the chimney. The man's daughters had done the laundry prior and left their stockings hanging by the fireplace to dry. The gold landed in the stockings, thus starting the Christmas stocking tradition.

Italian good witch

One stocking story does not attribute the tradition to Santa, but to a kind-hearted Italian witch named "La Befana." La Befana arrives on a broomstick the night of January 5 and fills the stockings of good children with sweet treats and toys. Bad children are awarded lumps of coal. La Befana is also credited with being the old woman who the wise men ask for directions to Christ's manger in the Christ child's story. After turning down an offer to accompany them, La Befana later carried gifts in search of Christ.

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PAUSE AND REFLECT

by Debbie Worzalla, CCM: Together, doing life RIGHT!

Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. (Luke 2:10, NKJV)

Sometimes the joy of the season gets lost in the busyness of the season. It's easy to lose sight of the real meaning of Christmas amidst the shopping, gift wrapping, cookie baking, parties and celebrations.

I like to take time to stop, pause and reflect on the most precious gift I have. It's a gift that can't be bought, borrowed or earned, nor can it ever be taken from me. It is the gift of my salvation which can only be found through a personal relationship with Jesus Christ. God knew before He created the world that we would need a Savior, so He had already developed a plan for our sin problem. God knows us so well. The Bible tells us that He knew us before we were born (Jeremiah 1:5), He knows our name (Isaiah 43:1), and He even knows the number of hairs on our head (Matthew 2:10).



He doesn't just know about us -- He knows us.

This quickly became quite evident to me. I had been looking forward to going to our community group meeting all week. As the time of the meeting drew near I became burdened with tasks that had to be completed over the weekend. I had two College papers to write, Spanish homework to complete and a newsletter to prepare. I spent the entire day that Friday vacillating between going to my group meeting or staying home.

Finally, I made the decision to stay home and complete my work. At around 8:30 I heard a knock on the door. I wasn't expecting anyone so went to the door and asked, "Who is it?" I recognized the voice so I opened the door. Standing in front of me was a young man my daughter knew when she was in the 9th grade. I hadn't seen him in three years. Two weeks prior, his girlfriend had been involved in a fatal accident and here he was standing at my door. My daughter wasn't home but I invited him to come in and sit down. We talked about the accident and about God's love about heaven and how important it is to trust God. After about an hour he left.

It was amazing I was even home that night! How did God know I would be home when I myself had no idea where I would be? It's because God knows me and my character. God loves us so much that He sent His son into the world to free us from the bondage of sin. The Gospel, or "Good News" of Jesus Christ is the permanent hope we have in Christ. It is our hope of redemption. It's a hope that will never disappoint us or let us down and that is the true meaning of Christmas.

God's strongest desire is to have a personal relationship with us through His son, Jesus Christ. How well do you know Jesus? Do you just know about Him, or do you have a close personal relationship with Him? If you don't have a quiet time with the Lord, I challenge you to make time in the coming year. Devote some time each day to prayer and reading His Word. Spend some time getting to know Jesus and His character. May God richly bless you today and into the New Year of 2018!

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The Holiday Hearing Gift

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

With the Holidays upon us, I honestly need your help. Even though we only introduced our Buy One Give One hearing care program last month, we've already got gear to fit to folks who can't afford it, and would fall through the cracks otherwise.

Here is my problem. As part of our agreement with the IRS regarding our not-for-profit status, we have to have a way to vet those we provide our charity to. This prevents us from being taken advantage of by those who actually can afford hearing help themselves, as well as us taking advantage by basically running a buy one get one free offer under the guise of a not for profit. Something we all want to avoid.

Here is how you can help. First, tell your minister, priest, rabbi, imam, Worshipful Master, Worthy Matron, or Civic Club President about our program. We need sponsors to vet those we provide free care to. Any not-for-profit organization who has someone with a hearing loss who needs help, we have that help if they will contact us.

We are able to provide these services back to our community because of those who come to us for their own hearing help through our "buy one, give one" program.

At A Advanced Hearing Care we call it "Customer Centered, Results Oriented Hearing Care, With a Heart."

Here is how it works: For every new set of gear we fit to our customers, we set aside a pair to fit to someone who

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aren't performing up to your lifestyle and expectations, we can help. We offer generous trade allowances whether you are looking for the very best our industry has to offer, like the incredible Widex 440 line, through, and including used, and reconditioned instruments. We have hearing help for every lifestyle and budget.

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If you don't have a loss yourself, you certainly know someone who does need help. Hearing loss is just that

prevalent. How about you help them, and others to the gift of better hearing for the holidays? Tell them about us, and our program.

Oh, and better hearing last and lasts throughout the year, blessing not only those wearing the gear but every other person that they have to communicate with, everywhere they go, every day.

Better hearing reduces stress for everyone. It makes life easier, introducing fewer misunderstandings, and allows those of us with a hearing loss to enjoy a rich social life that, absent our gear, we simply couldn't experience. Live your life to the fullest.

Experience the richer life of sounds, and living that are available today. You'll help not only yourself to enjoy a richer life, and holiday season, but you can also help us, to help someone else, who wouldn't be able to enjoy as rich a life, excepting for your and our intervention. Now, wouldn't that make for a great holiday in the spirit of the season?

For more information, call us at: 321-722-2894, visit our website at: www.AAdvancedHearingCare.com, or just drop by our store in the heart of historic downtown Melbourne. We're between the Post Office, and Meg O'Malley's in Suite #12 of the Arcade Building at 720 East New Haven Avenue. We welcome walk in visitors, customers,



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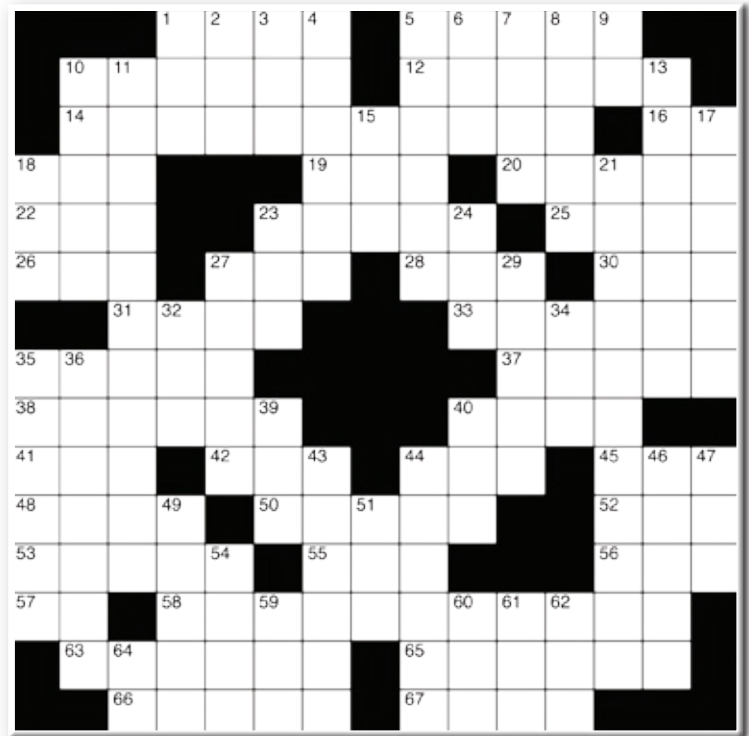


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Spotlight Crossword Puzzle

clues ACROSS

- 1. Large jug
- 5. Anwar ___, Egyptian statesman
- 10. Punjab province capital
- 12. Evoke
- 14. Data
- 16. Exists
- 18. Supervises flying
- 19. Having eight
- 20. Right-handed page
- 22. NHL great Bobby
- 23. German municipality
- 25. Negotiate
- 26. Keyboard key
- 27. Youngster
- 28. Medical decision (abbr.)
- 30. Ribonucleic acid
- 31. One-time Levi's chairman Walter
- 33. Cold region
- 35. Type of plywood
- 37. A way to unfreeze
- 38. Winter melon
- 40. Dispute
- 41. An expression of imagination
- 42. Human gene
- 44. Touch lightly
- 45. Computer giant
- 48. Garlands
- 50. Franz van ___, German diplomat
- 52. Vineyard
- 53. Elk or moose
- 55. Moved quickly
- 56. Swiss river
- 57. Rhode Island
- 58. Fall into disrepair
- 63. Ancient Roman virtue
- 65. Removes
- 66. Slovenly women
- 67. Comedian Rogen



answers on page 44

clues DOWN

- 1. Extremely high frequency
- 2. Court
- 3. Make a mistake
- 4. Change the appearance of
- 5. Long-haired dog
- 6. The Greatest of All Time
- 7. Designer Christian
- 8. Blemished
- 9. Atlanta-based rapper
- 10. Deceivers
- 11. One who supports disorder
- 13. Colossal
- 15. A team's best pitcher
- 17. Comfort in a time of sadness
- 18. Opponent
- 21. Professionals might need one
- 23. Captures geographical data (abbr.)
- 24. Senior officer
- 27. Sacred Islamic site
- 29. Egyptian unit of capacity
- 32. Comedienne Gasteyer
- 34. Performer ___ Lo Green
- 35. Having only magnitude, not direction
- 36. Cleft lip
- 39. Payroll company
- 40. Prohibit
- 43. Stroke
- 44. Does not acknowledge
- 46. Hillsides
- 47. Austrian river
- 49. Passover feast and ceremony
- 51. Golf score
- 54. Hair-like structure
- 59. Check
- 60. Extract metal from this
- 61. Tell on
- 62. Powdery residue
- 64. A part of the mind



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Hospice of Health First Program Provides Children and Families Comfort, Group Support with Peers

It's been five years since Mikey Puffer lost his 43-year-old father, Mike, to lung cancer.

Now 13, the Palm Bay boy has limited memories of life with his dad. But thanks to Health First's Bright Star Center for Grieving Children and Families in Melbourne, a sense of normalcy has been restored. Part of Hospice of Health First, the center is funded through the generosity of the Health First Foundation. It provides a safe place where Mikey can not only cope with his hurt, but celebrate his father's memory — and just be a kid.

"He loved the fact that people understood that somebody else was going through the same thing he was," said Eva Puffer, Mikey's mom. "Because kids at school don't understand."

Widowed at 37, Eva knew pretty quickly that her son would need an outlet for his grief — as well as herself. When Terry Musso, a licensed clinical social worker with Bright Star, came to visit the family at the William Childs Hospice House in Palm Bay, Eva knew she'd found her resource. Mike spent two-and-a-half days there before he passed away on September 5, 2012.

"She was so caring and kind, I really took to her right away," Puffer, 42, recalled. "And I knew she was going to help Mikey."

Three weeks after Mike's death, the two walked into the program — and have never left.

"I know a lot of kids 'graduate' ... but they've kept us around because they know that we need the support," she said. "I just don't know what I'd do without them."

Bright Star, located at 1131 W. New Haven Ave., has helped more than 2,800 children and 850 families since opening in September 2000, said Musso, who has been with the program for 15 years.

"Children who are



Eva and Mikey Puffer of Palm Bay show one of the crafts made at Bright Star, a program offered by Hospice of Health First. Mikey has utilized the Melbourne facility's grief services since his dad died five years ago of lung cancer.

grieving, they're not broken," Musso said. "What works best for them is peer-supported support groups."

Bright Star provides a comfortable environment in which these children are encouraged to talk about their loss, in addition to participating in creative, positive play in a peer group setting.

"They don't feel as isolated in their grief," Musso said. "They find friends here. They find comfort here."

Mikey certainly did, recently leafing through a memory book he made in the months that followed his dad's passing.

"If I could have one wish, it would be that my dad was still alive," Mikey, now 13, solemnly read aloud from the scribble on the green pages. "But at least he's not suffering anymore."

Therapy sessions are held twice a month from 6:30 to 8 p.m. on weeknights. Sessions are divided into three age groups: children, 4 to 10 years old; "tweens," 11 to 13 years old; and teens, 13 to 19 years old. Concurrent group sessions are also offered for adults.

Musso and clinical social worker Adrienne Vyasulu staff the department. About 60 volunteers — who undergo six weeks of training and required background checks — round out the rest. There is no fee to attend or requirement of the lost loved one to have been a Health First Hospice patient.

"We're open to anyone," Musso said.

But these get-togethers aren't only about mourning. They're also about celebrating the memory of lost loved ones through arts, crafts and other forms of expression. And about letting kids just be kids — through games, dress-up or taking a few minutes in the popular "Hurricane Room," where kids can bounce around with a cloth dummy and safely funnel frustrations. Mikey Puffer is among the fans.

"It was fun," Mikey said of the activities offered. "They have Skee-Ball, and then they have this one room called the Hurricane Room, and that is my most favorite. I can basically do anything I want in there."

In addition to regular offerings, Camp Bright Star is held at Gleason Park in Indian Harbour Beach twice a year. There, about 50 children gather for a day filled with remembrance and fun — from interacting with therapy dogs to karaoke to writing a letter to their lost loved ones.

Musso just wants every participant to know Bright Star is a place not just for hurt, but for hope. A place where the message is clear: "It's OK to be sad, but you'll be OK."

For more information on Bright Star's bereavement services, camp or volunteer opportunities, call 321.434.7622 or visit health-first.org/hospice.

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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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