

COMPLIMENTARY  
december 2013

# spotlight

*Keeping You in the Light*

MAGAZINE

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**pg 13**

pg3 » Spotlight BUSINESS OF THE MONTH IS

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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Jingle Bells, Jingle Bells, Jingle all the way..... Oh what fun it is to ride in a one horse open sleigh! Try getting that tune out of your head for the next few minutes. You're welcomed!

This is what happens when I am the last one submitting my own column in my own publication. No excuses here..... time just slips away so fast these days.

Speaking of time slipping away, many of us will be missing loved ones this holiday season. I am not making light of this by any means. Christmas is not going to be the same for me without my dad this year. As I was telling my own son just the other day, the time will come and I too shall be in heaven with Mom and Dad. And it is because this future awaits us all that we need to live each day with love and joy in our hearts for friends and family. The sands of time wait for no one! For now, right this very moment, let's all choose to live life joyfully.

So, Jingle All the Way! Hey, maybe you should be glad that you are reading this and not listening to me sing! Be joyful, be merry, be bright!

Merry Christmas and May God Bless You and Your Family!

Until next month,

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

We keep you in  
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A MONTHLY PUBLICATION

December 2013 | Volume 16 | Issue 12

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# inside the Spotlight

december 2013



pg 12



pg 15



pg 40

## FEATURES

- Practicing from First Principle **9**
- Don't Let Debt Sneak Up On You **11**
- Happy Holidays from all 4 of Our Locations **12**
- December: Mistletoe, Holly, Reflections **14**
- Keep Them Alive! Poinsettias **24**
- The Medicine Shoppe in a New Location **25**
- Keep the Tradition but Ditch the Wornout Decor **26**
- Simple Ways to Curtail Holiday Spending **29**
- Biggest Danger Behind the Wheel **32**
- Finding Time During the Holiday Season **35**
- Visit Santa Without All the Tears **40**
- All Four Health First Hospitals Honored **44**
- What's the Big Deal about Christmas **46**

## departments

- "TIMING" **7**
- SPOTLIGHT ON THE ARTS **15**
- SPOTLIGHT ON CHIROPRACTIC HEALTH **17**
- "GETTING READY FOR CHRISTMAS" **19**
- DEAR VAL, **21**
- SPOTLIGHT ON COOKING **23**
- SPOTLIGHT ON COMPUTING **27**
- "WHAT HAPPENED TO THE ANIMAL ADVISORY BOARD?" **33**
- "REACH OUT & READ" **37**
- "OUR HEAVENLY TREASURES" **39**
- SPOTLIGHT ON LIFE COACHING **41**
- CROSSWORD PUZZLE **42**



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## TIMING

by Jim Campbell, First Baptist Church of Melbourne

**One of the things I've grown to appreciate about Christmas** is the time of year that we celebrate it. I'm not here to get into about how "Jesus was born at the end of our calendar year." vs "we stole a pagan holiday's date" or anything like that. In my best Alabamian accent, "Naw, ya'll can ha' dat one." I'm just talking about the message in how the schedule all worked out ultimately.

At the start of each new year, there's a breath of fresh air for everyone, it's almost like a chance to clear the cache and restart. We relocate. We start new schools or degrees. We make resolutions and attempt new habits, because it's a "new year", but like me so many times, we are about a week late to the party.

Right before the birth of the new year, we celebrate the birth of a baby, 2000+ years ago, that no matter what you believe, brought someone who would change the face of the planet in a greater way than any one person ever has, or will, for that matter. This life made a more profound effect on theology, philosophy, economics, ethics, etc.. that any famous person ever born. You don't get to be Time's Man of the Year almost 2000 years after you were born, and that be seen as redundant. "For the 2000th time, I give you, Jesus, the most important man in history...again... just like last year." That type of effect is fitting when the Son of God shows up.

His birth signifies the chance for a new start for every human being. It's a chance for wrong to made right and for us to look ourselves in the mirror with dignity no matter who we are or what we've done or whose standard we've failed to live up to...even God's. Why waste the experience of "starting over" on some "New Year's Habit management program" that has a 90% failure rate?

Jesus didn't come to watch you change yourself, He came to do the changing This birth proclaims the hope that no matter what stable or stinking animal pen of life that you find yourself in...no matter who's turned their back on you or forgotten you, even if the most powerful ruler in the country is trying to kill you (as Herod was for Jesus), your world can be changed, regardless of whether it wants to or not. Power like that came for us...pursued us, suffered for us to show everyone a God that loves. Jesus brings the kind of hope for a restart that we all need and it happens every year, at this time.. That's the message in the timing of Christmas.

---

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



"Jesus brings the kind of hope for a restart that we all need and it happens every year, at this time. That's the message in the timing of Christmas."



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

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The Helpline number for spay/neuter appointments is 631-SPAY (7729). Monitors (all volunteers) take messages left by callers.

Spay/neuter clinics are only for feral and abandoned cats. This number is not for calls to relocate or find homes for cats being given up for adoption.

# Practicing from **First Principle**

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**Just what do I mean by practicing from first principle?** And, you're probably thinking just what the heck is first principle in the first place? Well, follow along and I'll do my best to explain.

But, I'm going to warn you right up front, that the following is totally heretical to the majority of established religions, and may make you question some of your long held beliefs. I know that when I was first exposed to the idea, and what it meant in actuality, that it was a troubling, but life changing revelation.

When I talk about practicing from the first principal, I'm referring to the first principal of Deity, Omnipresence. Now, I know you are already thinking of omnipotence, omniscience and all the other omni attributes. But, for the purposes of this article, we'll stick to what I consider the first principal, Omnipresence.

What does it mean to be Omnipresent? Well, it means to be equally present, everywhere, always. Now, stop right there, and think about it. If, we accept Omnipresence as the first and guiding principal of Deity, what a wonderful tool we have to guide everything we do. A tool we can put to use daily. Yet, it is one with such incredibly wide ranging implications that few of us actually get even a glimpse of it's true worth, or meaning.

Being equally present everywhere always, means that wherever you go, wherever you look, your God is always with you. Great if you realize it, and have taken the time to get to know your Creator, terrifying if you are trying to hide. Coming to realize the ramifications of First Principal challenges existing beliefs, especially about others, and their actions, and beliefs.

First Principal begs that you look out and declare what, other than your Creator that you can see?

It means that on the most fundamental level, we all spring from, and return to the same place. In essence, we are all

one. One people, one world, one God. First principle dictates that as God is equally present, everywhere always, that there isn't anyplace you can look and not see your Creator.

Practicing by this principle means that we know that at the core, when we serve our friends, patients, and customers, that we are ultimately serving our Creator, and by extension, ourselves. It means we realize that the differences we see, are there so that this same Creator can enjoy them, as a unique expression of the same Creative Self of which we are all a part. It means that we understand that the experience we provide when you come to us is a joint creation, over which we both have control, and must accept responsibility for.

Practicing by First Principle means that we understand that each person who comes to us, is really just us, in a different form, a blessing and expression of the same Creator. As such, we do our best to always treat all those who come to us with the respect, care and attention that one would afford to such an important expression of our Creator.

The First Principle of Deity has become a very useful tool in my life. Though it continues to challenge my beliefs, and prods me in ways that may be at times be quite uncomfortable. But, in ways that I know move me closer to both my Creator, and those creative expressions we think of as others.

It is the underlying principle behind all we do, and informs our promise of being "Patient Centered & Results Oriented."



By practicing by this principle, I know that my life, and our business/practice has been enriched immeasurably, by those whom we've had the pleasure to serve. Doing so has brought us the best patients in the known universe, we know it, we tell them often, and we do our best to treat them, each and everyone that way, each time we get the chance.

It is the principle by, and from which we know our blessings flow. And, should you, or a loved one need hearing aids, or hearing care services, we'd be pleased if you'd think of us, and perhaps give us the chance to show you what practicing by First Principle is all about.

Happy Holidays Brevard, and a warm, and heartfelt thank you, to all the wonderful folks who came to us in the past year, blessing us with their trust, and business, making this one of the best years in the past twenty-two, since I opened. Serving you, is what it is all about. Thanks, Dan. Please see our advertisement on the inside back cover of this issue of Spotlight.





## Now Open: St. Paul's Religious & Gift Store

Cynthia Jerry was born in Trinidad and immigrated to England as a child. After twenty-eight years there, she and her family crossed the ocean and moved to the United States where she worked as an RN (Registered Nurse). She continued her studies and obtained her Bachelor's Degree in Health Administration.

After being in retirement for several years, she decided to follow her dream to open a Religious & Gift Store. Her shop is located at 618 E. New Haven Ave in Historic Downtown Melbourne. In the store you will find bibles, bible covers, religious articles, incense, oils, fragrances, greeting cards, scarves, t-shirts, caps, and many other reasonably priced items.

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# Don't Let Debt Sneak Up On You

**Steering clear of debt is a goal for many men and women.** but wanting to avoid debt and avoiding debt are two different things. Some people accumulate debt when they lose their jobs, while others rack up large credit card bills because they simply can't curtail their spending habits. Each of these scenarios can be avoided, as there are many precautions men and women can take to ensure they are not victimized by consumer debt.

## Create an emergency fund.

Layoffs or other unforeseen issues that threaten your income can wreak havoc on your finances, especially if you did not have an emergency fund to handle such situations. When beginning an emergency fund, contribute as much as you can and do so on a schedule, making deposits once a week or once every two weeks depending on when

you get paid. A good rule of thumb is to have several months' salary set aside in your emergency fund, but don't feel intimidated when starting from scratch.



## Pay off your balances before making any additional purchases.

Using credit cards can positively impact your credit rating, but only if you're paying off your balance in full each month and not maxing out your

cards. To avoid debt sneaking up on you, be sure to pay each balance in full each month. If you have any remaining balance from last month, do not use your card to make any new purchases until that initial balance has been paid in full. If your balance is never paid in full but you keep using your cards, then your debts will only increase as you continue to pay interest charges.

**Cut back on expenses.** If your monthly expenses are out of hand, you're more likely to fall into debt. Though it requires sacrifice, cut back on any nonessential expenses, such as premium cable channels or nights out on the town. The financial freedom and peace of mind that results from such sacrifices is far more valuable than the expenses you had to cut back on.

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**Wildwood Antique Mall on 1240 Sarno Road in Melbourne would not have been the expected attraction** for the locals and tourists of the area, but thousands of people are excited to find it here. General Managers Henry and Lisa Olender had a vision that the area was a prime location for such a venue and teaming up with owner Manny Pesco began the creation of the Mall one year ago in November 2012. This is the fourth in the chain of "Wildwood Antique Malls", the first being the brainstorm of Manny Pesco in Wildwood, Florida. Upon hiring Henry and Lisa Olender, Manny was able to expand his Malls into Titusville, Ocala, and Melbourne as Henry and Lisa created the blueprint for those three locations.

Whether you are a seasoned collector of primitives, antique furniture, Depression glass, Roseville, or McCoy, you will find something at our malls. Maybe you are decorating in Mid-century modern retro of the 1960's and 70's or prefer the primitive appeal of the Appalachians you can find it here. We have the unusual, unique and hard to find, as well as the more common antiques and collectibles, such as, vintage jewelry, tin litho toys, Fire King, Pyrex, and Civil War era collectibles just to mention a few.



General Managers Lisa and Henry Olender

Wildwood Antique Mall is now the go to place. Often referred to as "Entertainment Shopping at it's Best" We have local customers visiting the store weekly just thrilled with the constant change in merchandise. We get many interior designers regularly looking for the old piece or often rare piece to complete their design. We are seeing younger shoppers looking to furnish their first home with real wood furniture,

industrial theme, or something to design a wedding that has a history. Since the Mall is

conveniently located 4 miles East of I95 and 1/2 mile West of US1 local shoppers and tourists come from all over as they travel. Of course, we have hundreds of antique aficionados that cannot pass an antique mall without stopping.

Customers that visit the Space Coast, travel on I-95 or US1 often shop at our store in Titusville. The Titusville store is located at the west end of the Searstown mall on US1 and just a short 3

miles from I95. Each store has its unique inventory, but one thing that is consistent, is our outstanding customer service.

The "Wildwood Antique Mall" in Melbourne has developed a strong presence in the Collectible and Antique Community, and is fully dedicated to bringing a new shopping experience to our customers that they have come to expect at all locations. Also visit us at [WildwoodAntiqueMall.com](http://WildwoodAntiqueMall.com)



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# December: Mistletoe, Holly, Reflections & Resolutions

by Michele Black

**It's December and if you are like most of us,** you are wondering just where the past eleven months have gone. But here you are at the beginning of the end of the year. December is a time when most cultures celebrate. And whether you do or you don't celebrate any holiday, you can't stop the sands of time, which dictate the coming of a new year.

This makes December a wonderful opportunity to reflect on where your journey is taking you and where you want travel in your hopes and dreams for the new year. It is also a very good time to assess how fruitful your labors have been and consider trimming away dead wood or stockpiling for a harsh winter.

As I write this today, I am thinking of an individual whom I have known for three years now. This person was struck down by a sudden aneurysm in her prime with little or no hope of recovery. There was no warning. I find myself wondering if she had taken the time to ensure her loved ones were taken care of in the event of such a catastrophe. Did she have a will? What if by some miracle she survives? Did she plan



for such a disability? Will her insurance cover the long stay in the hospital and her rehabilitation? If she doesn't survive, did she have ample funds put aside for final expenses? The list of questions is almost as endless as the possibilities.

These may seem like odd topics in stark contrast to the carefree fun of this season, but they are a reality, and accidents and sudden illness can strike at any time even during the holidays. Money and legal matters don't delay either.

So as you reflect on the months past of this current year and take an inventory of your trials and tribulations, consider your plan for protection. Give the new year, which will quickly be upon us, a right and proper start. Review what you have, assess what you need, and get prepared for a new adventure as your journey carries you into a bright and shiny new year.

In the eloquent words of Carl Bard, "Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

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## THE REASON FOR THE SEASON SPOTLIGHT ON THE ARTS

by Pam Mankowski

**December heralds in a joyous season of holidays and observances.** In fact, "December Observances and Fun Facts" list both well known religious holidays including Christmas, Hanukkah, Advent, and includes Boxing Day, Universal Human Rights Day/Month, Winter Solstice, and Kwanzaa, as well as Safe Toys and Gifts Month.

Stage 1 Stars (S1S) has planned a special gift to the community to celebrate The Reason for the Season. Thanks to the directorial skills of S1S newest instructor Payge Whipple, we will be presenting The Best Christmas Pageant Ever in three public locations in South Brevard this month.

The Best Christmas Pageant Ever (titled "The Worst Kids in the World" in Australia, New Zealand and the UK) is a book written by Barbara Robinson in 1971. It tells the story of Imogene, Claude, Ralph, Leroy, Ollie, and Gladys, six delinquent children surnamed Herdman. They go to church for the first time after being told that the church offers snacks. Despite protests from other church members, they are given roles in the Sunday school's Christmas play, in which they begin to tell the Christmas story in a nonconventional fashion. Barbara Robinson first published the story in McCall's magazine before it was adapted into a book, which sold over 800,000 copies. The book was adapted by Robinson into a play which was first performed on November 26, 1982 by the Seattle Children's Theatre. The book was next adapted into a television movie on ABC in 1983, starring Loretta Swit. Robinson also wrote this adaptation's teleplay.

The Director, Payge Whipple, comes to Brevard County by way of Waukegan, Illinois where she directed CmJ Productions for over 13 years. S1S is blessed to be working with this ball of energy who states, "This group of kids is amazing and it really helped my homesickness to work with such a wonderful group of kids." She also enlists the help of her family (what theatre expert doesn't?) and has experienced tech support from son JT.

The cast includes thirty-three Home School students four to nineteen years of age from all over Brevard County. One large family has eight of their ten children performing in this play. The parents met at in a High School Drama Class and have always wanted to get their family involved in theater, but found the prospect expensive. Stage 1 Stars was able to help their plan become a realization.



Dates and locations include: December 6 at 4:30 p.m. in the Christian Life Family Church at 702 E. New Haven Avenue in Downtown

Melbourne (32901); December 7 at 11:00 a.m. in Calvery Baptist Church at 2980 N. Wickham Road, Melbourne (32935); and for Melbourne Village on December 8 at 4:30 p.m. at the AHF Hall at 555 Hammock Road, Melbourne Village, (32904). The admission is a charitable donation to offset the production cost.

Please come see The Best Christmas Pageant Ever which is a wonderful way to get ready for the Christmas Holiday and remember what Christmas is really all about. Assistant to Payge Whipple is Carry Cronkhite who can provide additional information about this production and can be reached at 321-591-5832.

For more information about creative dramatics classes, theatrical training, private dramatic coaching or vocal training classes, contact [stage1stars@aol.com](mailto:stage1stars@aol.com) or at [stage1stars.com](http://stage1stars.com). Director Pam Mankowski can be reached at 321-543-0705.

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## PREPARE FOR SPORTS WITH KIDS SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



In today's age of health and fitness, more and more kids are involved in sporting activities. Although being part of a football, soccer or Little League team is an important rite of passage for many children, parents and their children could be overlooking the importance of proper nutrition and body-conditioning needed for preventing injuries on and off the playing field.

"The majority, if not all, sports are good, provided that the child prepares appropriately," says Dr. Timothy Ray, a member of the American Chiropractic Association's Council on Sports Injuries and Physical Fitness. "Without proper preparation, playing any sport can turn into a bad experience. There are structural and physical developmental issues that need to be taken into consideration before children undertake certain sports."

"Proper warm up, stretching and strength-training exercises are essential for kids involved in sports, but many kids learn improper stretching or weight-lifting techniques, making them more susceptible to injury," says Dr. Steve Horwitz, an ACA member from Silver Spring, Md., and former member of the U.S. Summer Olympic medical team. "Parents need to work with their kids and

make sure they receive the proper sports training."

"Young athletes should begin with a slow jog as a general warm-up, followed by a sport-specific warm-up. They should then stretch all the major muscle groups," says Dr. Horwitz. "Kids need to be instructed in appropriate exercises for each sport to prevent injuries."

Proper nutrition and hydration are also extremely vital. "While an ordinary person may need to drink eight to 10 8-ounce glasses of water each day, athletes need to drink even more than that for proper absorption. Breakfast should be the most important meal of the day. Also, eating a healthy meal two to four hours before a practice or a game and another within one to two hours after a game or practice allows for proper replenishment and refuels the body," adds Dr. Horwitz.

Encourage your child to:

**Wear the proper equipment.** Certain contact sports, such as football and hockey, can be dangerous if the equipment is not properly fitted. Make sure all equipment, including helmets, pads and shoes fit your child or adolescent. Talk to your child's coach or trainer if the equipment is damaged.

**Eat healthy meals.** Make sure your young athlete is eating a well-balanced diet and does not skip meals. Avoid high-fat foods, such as candy bars and fast food. At home, provide fruit rather than cookies, and vegetables rather than potato chips.

**Drink water.** Hydration is a key element to optimal fitness. Teenage athletes should drink at least eight 8-ounce glasses of water a day. Younger athletes should drink five to eight 8-ounce glasses of water.

**Drink milk.** Make sure your child has enough calcium included in his/her diet. For children over 2 years of age, ACA recommends 1 percent or skim milk rather than whole milk. Milk is essential for healthy bones and reduces the risk of joint and muscle related injuries.

**Follow a warm-up routine.** Be sure your child or his/her coach includes a warm-up and stretching session before every practice, game or meet. A slow jog, jumping rope and/or lifting small weights reduces the risk of torn or ripped muscles. Flexibility is key when pushing to score that extra goal or make that critical play.

**Get plenty of rest.** Eight hours of sleep is ideal for the young athlete. Lack of sleep and rest can decrease performance. Sluggishness, irritability and loss of interest could indicate that your child is fatigued

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## GETTING READY FOR CHRISTMAS

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

### By now Christmas preparations are in full swing.

By now Christmas preparations are in full swing. Depending upon which news source you listen to, things are looking a little better this year than previous years. People will plan bigger parties, spend hours baking, sending cards to people they haven't talked to since last year. Our calendars are filled with numerous fellowships and extra rehearsals at church.

Don't misunderstand me; I think Christmas is one of the most enjoyable times of the year. Not only is the preparation fun ... it is necessary. I am a firm believer that some preparation should be made for just about everything we do ... for without some kind of planning everything becomes chaos and less than our best.

With Christmas a few weeks away, no doubt you still have things to do. And yet with all of our careful planning we often overlook some elements that can affect how we enjoy



the Christmas season. Having been through a lot of Christmases, there are a couple preparations I suggest we put on our "to do list."

Prepare your attitude. Too many people approach the season with the anticipation that it will soon be over and they can get back to normal. They miss the joy and excitement ... they miss the celebration of Christmas... they miss the point that the reason for the season is Jesus.

Preparing your attitude is critical, because your attitude controls you. It is a proven fact that your attitude determines your relationship with people, your performance at work, your sportsmanship, it even affects your worship. Get your attitude ready.

Prepare your heart. Don't be guilty of appearing to enjoy the season, when in reality you are simply going through the motions because your heart is not in it. Jesus said in Matt 6:21, that "where your treasure is, there will be your heart also."

You can hang thousands of lights, spend a fortune on gifts attend countless parties and musicals, but you will not

Jesus said in Matthew 6:21, that "where your treasure is, there will be your heart also."

know the joy and excitement of celebrating Christmas until you know Christ... until He is your treasure and your heart belongs to Him.

As you continue your preparations ... decorate with flair, hang the lights so they accentuate the beauty of your home ... but don't forget to prepare your attitude and your heart. You will enjoy everything so much more. Merry Christmas!

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...we must absolutely refrain from drunkenness."



*"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,**  
**Is there anything in the Bible that supports the existence of the Holy Trinity or explains the relationship between the Father, Son and Holy Spirit? I can't find the word "Trinity" anywhere in the Bible.**

**-Eloise of Indian Harbor Beach**

Dear Eloise,  
For those readers unfamiliar with the concept of the Trinity, the Bible teaches that there is one God but three different persons—God the Father, God the Son and God the Holy Spirit. Although the term "Trinity" isn't specifically used, there are several passages in scripture which supports this Holy union. It is written in 1 John 5:7-8, "For there are three that testify: the Spirit, the water and the blood; and these three agree" (ESV). Also, in Matthew 28:19-20, Jesus said, "Therefore go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you..." (ESV).

The Trinity is very difficult to understand. Each member is God; however, there is subordination within the union. For instance, the Son is subordinate to the Father, and the Holy Spirit is subordinate to the Father and the Son. For further reading: John 5:36, 14:16, 15:16 and 16:13-14.

**Dear Val,**  
**What does the Bible say about drinking alcohol or wine; is it a sin? I've heard several different opinions and I'm sick of getting judgmental stares from my sister-in-law.**

**-Debbie of Palm Bay**

Dear Debbie,  
here are many references in scripture regarding the consumption of alcohol, and there is nothing prohibiting Christians from doing so; HOWEVER... we must absolutely refrain from drunkenness and addiction. In 1 Corinthians 6:12, the Bible says, "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything (ESV). And in Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit" (NIV).

Here's another concern, scripture also warns us not to partake in something which may cause another to backslide. As we read in Romans 14:21, "It is better not to...drink wine or do anything else if it might cause another believer to stumble" (NLT).

I detest: lying, legalism and hypocrisy; so I'll be totally honest with you, I enjoy a glass of wine, on occasion—but I do so responsibly and in moderation. Please—do the same!

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120476 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.

**Dear Readers,**

**As we celebrate the birth of Jesus, our Lord and Savior, I'd like to recommend a few special events:**

**SPACE COAST LIGHT-FEST will be on display at Wickham Park, 2500 Parkway Dr. Melbourne. 6:30-10:00, November 18th-December 31st.**

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**THE SINGING CHRISTMAS TREES, First Baptist Orlando, 3000 South John Young Parkway, Orlando, 32805, December 6,7,8,13,14, and 15th. Tickets may be purchased on line. For more information, call: (888) 461-9824.**

*"For unto us is born this day...a Savior, who is Christ the Lord" Luke 2:11*

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## MERRY CHRISTMAS! SPOTLIGHT ON COOKING

by Cecelia Danas



### Christmas Eve Veggie Cups

- 8 medium tomatoes
- 2 cups chopped broccoli
- 1 1/2 cups Italian bread crumbs -divided
- 1cup grated Parmesan cheese -divided
- 4 oz shredded cheddar cheese
- 3/4 cup mayonnaise

Combine 1/2cups of bread crumbs and 1/4 cup Parmesan cheese and set it aside.

Wash tomatoes off then make a thin slice to cut off the top. Then scoop out the pulp and put in a strainer to drain. On a paper towel put tomatoes upside down. Cook broccoli until tender (crisp) and drain. On a cutting board chop the pulp and place in a large bowl add broccoli, cheddar and parmesan cheese, mayo, salt, pepper and remaining crumbs. Mix gently. Gently stuff each tomato. In a 11x7 baking dish (sprayed with oil) place the stuff tomatoes sprinkle with reserved crumb mix. Bake at 375 degrees uncovered for 30-40 minutes.

**Merry Christmas!** Italian's usually have fish on Christmas Eve. Being allergic to fish this is a healthy alternative. You can even use it as a side dish for everyone else. Love that it is red and green too. Hope you, your family and friends enjoy this blessed holiday. Remember — Be Creative!

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

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## Keeping Them Alive! Poinsettia Plant Care



**Although poinsettias are most often associated with the holiday season,** they are actually tropical plants. In spite of their origins, poinsettias can thrive during the holiday season and even last long after the holidays have come and gone.

Poinsettias are native to Mexico and Central America. Aztecs called the plant *cuetlaxochitl*. The flowering plant was first introduced to the United States by Joel Poinsett, the U.S. ambassador to Mexico, and was subsequently renamed the poinsettia. The flowers of the poinsettia are actually the yellow blooms at the middle of the bright red or white bracts that form on the plant. Perhaps due to the bright red of the bracts, the plant quickly became a popular Christmas plant.

It's important to note that poinsettias grow in a warm climate and therefore must be kept in tropical conditions to ensure the

plant's health. Furthermore, poinsettias bloom in response to shortening daylight hours. That means they will need ample darkness each night in order to simulate the dark nights of short, winter days. To achieve this, you may need to put the plant into a dark closet for 12 to 14 hours each night.

During the day, the plant should be in a sunny window where it will have access to bright light. The more light the better. Keep the soil evenly moist. Misting the plant will help it to retain some humidity. Also, fill the overflow saucer on your flower pot with gravel to allow water seeping through the pot to evaporate from the gravel. Hot temperatures indoors combined with high humidity will help the plant to thrive. Even one day without adequate moisture can cause the leaves to drop. Furthermore, decreasing temperatures can cause leaves to fall off. The goal is to keep the indoor temperature consistent.

While many poinsettia plants are discarded after the holiday season, these plants can actually be cut back and saved for next season. Trimming back any remaining leaves and continuing to care for the plant by keeping it moist can help. To force the blooms next season, start reducing the plant's exposure to sunlight in mid-September to October. Again, this will mean removing the plant to an area that is shrouded in complete darkness. Even streetlights or indoor lighting can affect blooming. If the plant does not begin to turn color before the holiday season, you may need to purchase a new plant and try again next year.



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# Keep the Traditions but Ditch the Worn-out Decor

**The holiday countdown is on and it's time to get your house razzle-dazzle ready.** But before you do, make sure to check that your lights and decorations are still in good working order after a year in storage. Not only can old decor look worn out, but it also can put you and your family at risk -- which is the last thing anyone wants at this joyous time of year.

CSA Group, a leader in public safety testing and certification, offers these tips to help you stay safe this holiday:

*Carefully inspect light strings each year. Discard any with frayed cords, cracked lamp holders or loose connections. Inspect for storage damage from moisture or rodents.*

*Turn off the electricity to the supply outlet before working with outdoor wiring. Unplug light strings before replacing bulbs and check to ensure replacement bulbs match the voltage*



*and wattage of the original. To avoid a shock from damaged wires, use insulated fasteners rather than metal nails or tacks to hold light strings in place.*

*Make decorating a family activity by planning this year's theme with the kids, but don't let children or pets play with light strings.*

*Keep electrical connectors for*

*outdoor lights above ground, out of water and away from metal gutters. Connect outdoor lighting into receptacles protected by weatherproof ground fault circuit interrupters (GFCI). These can provide protection from electric shock by sensing ground leakage and cutting electrical power.*

*Use heavy duty extension cords for high wattage decorations and large electronically-animated displays, and don't overload extension cords.*

If you need to purchase new lights, look for a certification mark to ensure they are certified by an organization such as CSA Group.

And remember: outdoor holiday lights are made for seasonal use only; extended exposure to the elements can lead to damage. So when the holidays are over, take down the festive decorations and place them back in their original packaging for next year.

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# CRYPTOLOCKER: THE MOST VICIOUS VIRUS EVER?

## SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



The CryptoLocker ransom-ware infection is, without a doubt, one of the worst types of malware that attacks Windows computers that we've ever seen. The good news is that the infection is pretty easily removed; the bad news is the damage it does can be catastrophic if you don't have a backup.

Unlike the widely known FBI virus, which locks your computer to try to con you into paying a fine, CryptoLocker really does hijack all of your data and demands a ransom for its return.

We started seeing systems infected with this very sophisticated attack in September and are seeing a definite increase in people that are falling prey to clever socially engineered e-mails.

One of the most common methods of infection comes as an e-mail attachment that appears as a PDF file from well-known companies such as FedEx, UPS, or others. When you open the rigged file, the virus jumps into action and starts encrypting all of your data files, including

any attached backup drives or network drives that appear as a drive letter on your computer. This is a major threat to businesses.

There are also reports of infections coming through hacked websites or by those that fall for the long-running 'You need to update your video player in order to see this video' scam. It really doesn't matter what you have for virus protection, because CryptoLocker tricks you into running an executable program, which looks like any other program that a user would choose to use, so your security programs will allow the malicious program to run.

Encryption is a way to secure data from others by converting your normally accessible files into a scrambled mess that ONLY the key holder can unscramble. The encryption level used by the CryptoLocker authors is extremely high and impossible to break in the short time you're given to pay.

To ensure that you act quickly, you are

given a deadline that ranges from 72-96 hours to pay the ransom or the key, which is the only way to regain access to your data, or your files will be destroyed. There are varying reports around the Internet that those that pay will sometimes regain access to their data, but these 'reports' could easily be the work of the hijackers as well.

If you have a verified backup that was not connected to your computer at the time of the attack, you can disinfect your computer, restore your system, and ignore the ransom demands. If, however, you don't have any type of backup or your backups were attacked as well, the only possibility of getting your files back is to pay the ransom and hope the thieves are honorable.

If you've made any changes to the location of the encrypted data or removed the virus, the decryption process won't work properly. If you're contemplating paying the ransom, there are a lot of technical issues involved. If you aren't fairly tech savvy, hire a skilled IT person to help you through the process, and let them create a solid off-site backup process to protect you in the future.

Business owners should be especially concerned as any one employee that falls for this scam can cause all the information on the company's servers to be encrypted.

If you're a business user and you see lots of drive letters when you open the My Computer or Computer icon, all the files on those mapped drives are at risk for this attack and you should have your IT department review whether they are really necessary.

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# Simple Ways to **Curtail** Holiday Spending

## **The holiday season is synonymous with many things, including spending.**

Spending money is an accepted part of the season for many celebrants, who exchange gifts with loved ones, travel to see family and friends and host holiday parties this time of year. None of those things comes without a cost, and for some consumers, curtailing those costs is an early New Year's resolution.

Part of the danger of holiday spending is that many consumers are already in debt before the season even begins. In a holiday report issued prior to the 2012 holiday season, TransUnion, one of the three main credit reporting agencies, noted that the average credit card debt per buyer in the United States was just under \$5,000. That means the average consumer began last holiday season having already accrued a significant amount of credit card debt. Though it might seem impossible to rein in holiday spending, there are ways consumers can do just that and still enjoy a festive holiday season.

**Propose a gift exchange.** Many families exchange gifts during the holidays, but there are ways to make such exchanges less expensive. Instead of a traditional exchange in which every member of the family buys a gift for everyone else, propose an exchange in which family members pick names out of a hat and only buy a gift for the person whose name they draw. This saves shoppers time and money, and families still get to enjoy the thrill of putting a smile on a loved one's face.

**Don't purchase extended warranties.** Big-ticket items like

televisions and other household appliances make for popular gifts come the holiday season. When purchasing such items, shoppers are often asked by a salesperson if they want to purchase an extended warranty. In theory, extending the warranty seems like a great idea, acting as a safety blanket should something happen to the item down the road. But many appliances



already come with a manufacturer's warranty, and extended warranties often just duplicate coverage already provided by the manufacturer. Some might still be hesitant to pass on the extended warranty, but it's important to know that many extended warranties often defer to the manufacturer's warranty, so you may very well be paying, and paying a lot, for something you are unlikely to ever use.

**Only buy gifts for children.** For many adults, the joy of the holiday season comes not from receiving gifts but from the opportunities to spend time with family and friends. So rather than buying adult friends and relatives gifts, propose that adults only buy gifts for the kids in the family. This saves adults time and money,

and the youngsters still get the joy of unwrapping gifts come the holiday season.

**Avoid signing up for store credit cards.** When shopping at major retailers, consumers are often asked if they want to sign up for store credit cards, an offer that seems all the more enticing when store representatives dangle an immediate discount between 10 and 20 percent

just for signing up. Though it might seem like a great deal, instantly earning as much as 20 percent off your purchase, signing up for store credit cards is not always in consumer's best interests. That's because store credit cards tend to come with steep interest rates, meaning consumers must be able to pay off their balances immediately, or they will be forced to pay interest charges that could dwarf the initial

savings earned upon signing up for the card.

**Give gift cards.** Gift cards may seem impersonal, but they can save shoppers money while allowing recipients to truly get something they want. Shoppers on strict budgets can purchase a gift card that fits into that budget, removing the temptation to spend a few extra dollars when they find the perfect gift that costs a few dollars more than they had initially budgeted. In addition, gift cards are great for distant relatives, as they can be included in greeting cards, saving the added expense of shipping.

The holiday season and spending seemingly go hand in hand, but there are ways for consumers to cut costs this holiday season.



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# Biggest Danger Behind the Wheel



**Billions of car trips are taken across North America each year, and though only a small percentage involve people driving under the influence, even one impaired driver can cause a great deal of trouble on the roadways. Drunk, drugged and distracted driving is responsible for thousands of fatalities and accidents each and every year -- with distracted driving now leading the pack as one of the biggest contributors to vehicular fatalities.**

Mothers Against Drunk Driving notes that someone is killed in a drunk driving crash every 53 minutes in the United States, while every 90 seconds someone is injured because of a drunk driver. Though driving under the influence poses a threat to everyone on the road, drunk driving is no longer the biggest risk behind the wheel. Distracted driving is a growing problem, one spurred on by the increase of technological gadgets that take drivers' attention away from the road.

The National Highway Traffic Safety Administration says driving a vehicle while texting is six times more dangerous than driving while intoxicated. The agency reports that texting while driving has now replaced drinking while driving as the leading cause of accidents and deaths of teenage drivers. But it's not a problem only reserved for youngsters. People of all ages admit to texting while behind the wheel of a car. According to a Harvard Center for Risk Analysis study, texting in cars and trucks causes more than

3,000 deaths and 330,000 injuries per year.

To illustrate just how dangerous texting while driving can be in relation to driving while intoxicated, Car and Driver Magazine performed an experiment. During the test, cars were set up with a red light to alert drivers when to brake. The magazine tested how long it would take to hit the brakes when sober, when legally impaired at a BAC level of .08, when reading an e-mail, and when sending a text. The results were surprising. Sober, focused drivers took an average of 0.54 seconds to brake. Legally drunk drivers required four additional feet to stop. An additional 36 feet was necessary when reading an e-mail and an additional 70 feet was needed when sending a text.

Drivers who text also are more likely to drift in and out of lanes. A study by the Transport Research Laboratory in London found that reaction times for texting drivers were 35 percent worse than those for drivers with no distractions.

Although the proportion of alcohol-related traffic crashes has dropped considerably in recent years, the number of accidents and fatalities attributed to causes other than impaired driving have increased. A survey by Nationwide Insurance found that 80 percent of drivers support some type of mobile phone or texting use restrictions while driving.

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

How many things can you find that have to do with the **Christmas Season?**

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

- |           |            |          |          |
|-----------|------------|----------|----------|
| Bows      | Family     | Paper    | Snow     |
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| December  | Mall       | Shopping |          |

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## Space Coast Feline Network

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

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SCFN spay and neuters Over 800 cats per year.

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Publicity

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Fundraising

Clerical/Computer Skills

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

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

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

# What Happened to the Brevard County Animal Advisory Board (AAB)?

By Michael Mendes

**We had a board here in Brevard County that was meant to monitor and make recommendations to the County Commission over concerns of animal welfare since 2009.**

Recently the county commission has disbanded the Animal Advisory Board, (AAB), based on some issues that were recognized by the County Commission that had been unfortunately built into the charter of the AAB. First of all there were issues with the members, the criteria for the AAB was:

The Animal Advisory Board consisted of ten citizens selected by the Brevard County Commission. Two members were to represent non-profit incorporated animal shelter or placement organizations, one would be a members of a non-profit incorporated animal rights group, one must be a member of a non-profit incorporated animal enthusiast or rescue group, and one a Florida certified veterinarian or veterinary technician.

Sadly there were no exclusionary terms, in other words it allowed members to be animal breeders. It is a physical oxymoron to have someone breeding animals sit on a board who's goals include fighting animal overpopulation.

Another Major issue was that the AAB was subject to the Florida Sunshine Law. Which for reasons of public disclosure, does not let the AAB discuss issues offline. How this handicapped the AAB is all discussions have to be confined to the two hour monthly meetings, condemning members to make decisions and recommendations off the cuss without proper research.

**Currently the goal of reforming the AAB include:**

- 1) Promote & support large County wide adoption campaigns aimed at increasing adoptions.
- 2) Promote volunteer foster programs to increase shelter capacity.
- 3) Implement a public awareness campaign to educate the public about adoptable animals.
- 4) Identify strategies to reduce the number of cats entering the shelter.
- 5) Identify partners, grants and possible ordinance changes that develop strategies to promote spay/neuter.

Which are goals we all agree with but still leaves the criteria of members too open. If you have any ideas or recommendations for appointees to the replacement for the AAB please contact your county representative:

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Commissioner Chuck Nelson

Ph: (321) 454-6601

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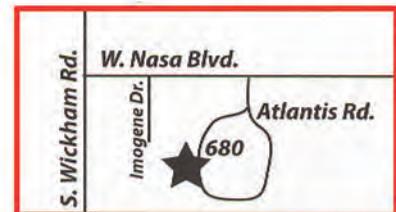
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# Finding Time During the Holiday Season

Perhaps no time of year is as busy as the holiday season, when social engagements and holiday shopping combine to dominate so much of what is normally our free time. Additionally, holiday travel and late nights spent at work to make up for lost time also cut into our free time, leaving many people in search of ways to add more hours to the day. Though there's no way to make a day last longer, there are ways to save some time this holiday season.

**Go it alone.** Holiday shopping can be very time consuming, but shoppers who decide to shop alone may find themselves more productive and focused on the task at hand. Rather than going from store to store and checking items off multiple shopping lists, shoppers who shop singularly can devote all of their attention to their own lists.

**Shop online.** Another way to save time when shopping for the holidays is to shop online. This saves you the time it takes to drive to and from the mall and walk around multiple stores, all the while saving you from the often frustrating and time-consuming experience of finding a parking space. In addition, you can shop online at any time of day. So rather than just eating lunch at your desk on your lunch hour or spending the



last hour before you go to bed for the night idling away on the couch, you can make more efficient use of that time by doing some holiday shopping.

**Plan ahead.** Whether shopping for holiday gifts, taking the family to buy a Christmas tree or organizing a holiday dinner with friends, the more you can plan ahead of the holiday season the less time you will waste once the season hits full swing. For example, when choosing a weekend to go Christmas tree shopping, inform others a few weeks in advance and let them know you want to go early to avoid crowds. This saves you time and might just help you land one of the best trees on the lot. The same principle of planning can be applied to other aspects of the holiday season as well. Planning a meal early allows you to gradually stock up on menu items, saving you the hassle of rushing to the store at the last minute or planning a menu in the days before the party when you will already have enough on your plate.

**Don't shy away from shortcuts when hosting holiday dinners.** Hosting a holiday dinner is a big undertaking, one that often finds hosts spending a significant amount of time in the kitchen. But hosts can save time by taking some shortcuts regarding the menu. For instance, when hosting an especially large meal, don't be afraid to buy some premade side dishes from a local grocery store or buy a bakery cake rather than whipping up your own homemade dessert. Guests will understand if you cut some corners in an effort to save some time, and the food will likely be just as delicious.

**Stay home.** Travel is a big commitment come the holiday season, but what about staying home this season? If the time commitment of traveling is something you truly want to avoid this year, invite some friends and family over to your home instead. You might be more busy on the day of the holiday, but you will save yourself the travel days you usually build into the holiday season. Parents of young children might prefer to stay home so they can create their own unique holiday memories, while those without children might just appreciate some peace and quiet during this hectic time of year.



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# Reach Out **AND READ**



by Lisa Rose, MD

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**Many years ago, in the wee hours of Christmas morning,** me and two of my brothers were sleeping restlessly in our beds, awaiting Santa's visit. All at once, we heard loud jingle bells ringing on our rooftop, and the sound of someone walking around up there. Could it be?

This being 1960s Florida, there was no chimney for Santa to slide down, so he had to come in the front door. Coincidentally, the front door had been left unlocked that night. My brothers and I slipped and slid down the hallway in our footed pajamas, too nervous to confront Santa directly, so we peered at him, agog, from across the kitchen pass-through counter. The vague scent

of the chocolate chip cookies my mother made the night before still lingered.

Santa was lit by the large, colorful incandescent lights on the tree. The tinsel sparkled like multihued stars in the night sky. I remember the ornaments; glittery ones from my parent's childhood, some trinkets made by little hands, a few commemorating Christmas's past. All were unique and original.

He opened his bag and slowly withdrew prettily wrapped boxes, accompanying each with a ho-ho-ho and mentioning us all by name before placing them under the tree. If he saw three pairs of eyes, round as dinner plates, staring at him from the kitchen, he never let on. Occasionally he paused, placed his finger aside his reddened nose, and wondered aloud whether we'd been good boys and girls. He checked his list – presumably twice – then returned to his work.

With a hand on his belly, he made certain to eat one of the fresh cookies and drink some milk, climaxing this operation with an extra-special ho-ho-ho. Then he was out the door, quick as a wink.

I don't know how long it took for our hearts to start beating again, but we practically climbed all over each other running to our parent's bedroom to shout out the news about Santa's visit. They were shocked, I tell you, shocked!

Of that night, I remember Santa's fuzzy red costume, his shiny black boots. I recall the particular plate and glass for the cookie and milk, the vintage 60s furniture and the slippery linoleum flooring. When I grew up, I found out that "Santa" was my Uncle Bill, and that Dad had climbed up on the roof that night to stomp around and ring bells.

I don't remember a single present I got that year. The vivid memory of that Christmas was the gift and it will live in my heart forever.

It is like that when we lay up treasures in heaven. Our heavenly treasures will not include material things, either. They will be memories of love, good deeds done, obedience to God and parents, respect, service to others.

Jesus teaches us that where our treasure is, there our hearts will be: "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21).



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## Visit Santa Without all the Tears

The holiday season means it's time once again for parents to take their youngsters to visit Santa Claus. Pictures with little boys and girls lining up in their dress clothes with Santa are a holiday tradition, and youngsters are often anxious for their chances to share their Christmas gift wishes with the jolly man in red.

But as integral as such photo sessions are to the holiday season, parents know they are one crying fit or meltdown away from having this tradition turn into trouble. After waiting in long lines to see Santa, it's understandable when everyone's patience starts to wear thin. The combination of antsy children and aggravated adults could set off a chain reaction that culminates in tear-stained cheeks and a sullied holiday memory. Pictures with Santa can go much more smoothly when you employ the following tips.

**Prep children.** While kids may love the idea of Santa, youngsters face to face with a man in a red suit and a big, white beard may be nervous. Begin talking up Santa a few months before Christmas, mentioning how nice and friendly he is. Gauge how kids act around costumed performers at fairs, circuses and birthday parties and help them grow accustomed to people in costumes. If costumes elicit screams of horror, wait another year before seeing Santa.

**Visit during off-peak hours.** Weekends and evenings are the busiest times to visit Santa. This means long lines and longer wait times. Instead of dealing with the masses, try to get to the mall when the doors first open. Otherwise, let the children skip a day of school and visit during the week when the lines are shorter.

**Consider another venue.** Many different places of business host events where kids can meet Santa. Families may be able to share a meal with Santa at a restaurant or visit him at a nursery while selecting Christmas trees. A different environment may be less intimidating to children and take the pressure off waiting in line in a busy mall.

**Make it a family photo.** Sometimes the only way to entice a little one to take a picture with Santa is to provide some added security. Dress your best and be prepared to have to step in and cozy up to Santa to ensure your child is all smiles.

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## HOW TO KEEP THE CHRISTMAS SPIRIT ALL YEAR LONG SPOTLIGHT ON LIFE COACHING

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

**At this time of year people are more giving,** loving and caring about family and helping others. Decorating and cleaning for all to see the beauty of their home. Children can't wait for Santa to bring gifts. Plus the wanting the new year to be a new "beginning". By February, the diet is over, we are back not caring, mad we spent too much money and on and on.

Think what Christmas means to you. Is it the time of year your family is not fighting and being "what a family" should be? The time to take time to remember to give to people who have less than you? The time to party.

Christmas is about love, a journey and honoring the baby that was born. This doesn't have to happen just one day a year. We can be this all year long if we just reframe our thinking.

### LOVE

"Love is not primarily a relationship to a specific person; it is an attitude, an orientation of character which determines the relatedness of a person to the world as a whole, not toward one "object" of love. If a person loves only one other person and is in different to the rest of his fellow men, his love is not love but a symbiotic attachment, or an enlarged egotism." - Brian Johnson

### JOURNEY

Each day start by being thank for all you have. Then

go and do the best you can to make a better life for you and others. Be positive, helpful and caring to yourself and others. Plan for the future. At night list what you are grateful for.

### HONORING

Thank God for all you have and pray for others. Honor yourself by taking care of your body mine and spirit. If you are having problems seek help. Honor other people and those you love with kindness, respect, and give of oneself with love, care and if you can financially.

Coaching can help guide you to places you want to go. That is part of taking care of YOU. For more information call Cecelia Danas at 321-794-7550.



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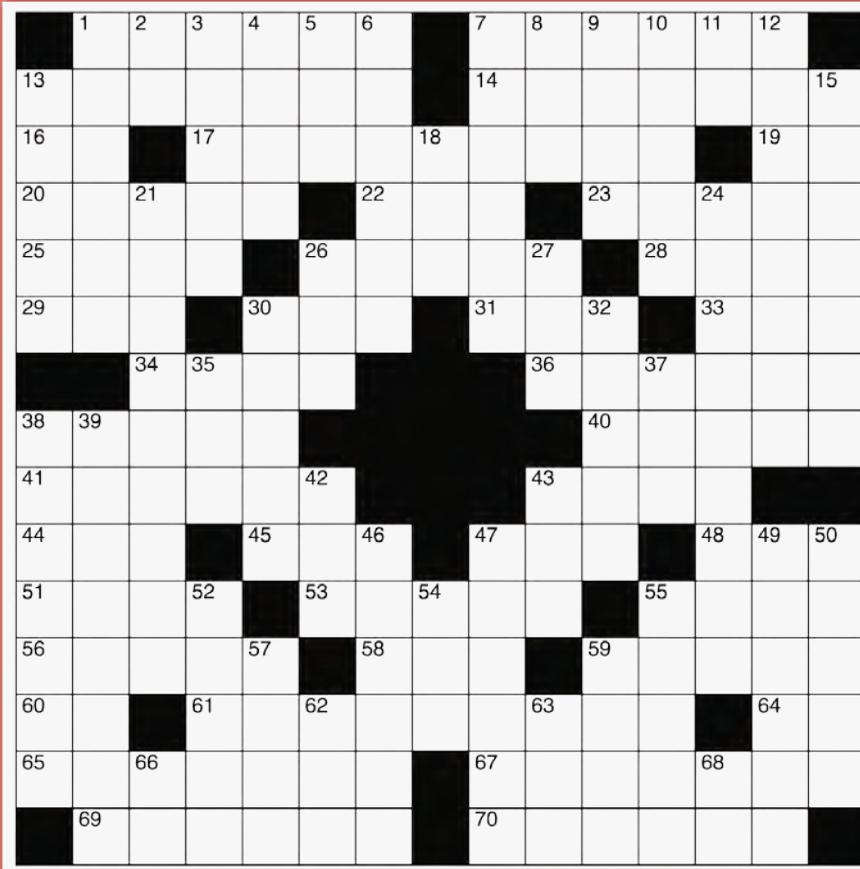
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HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!

# Spotlight Crossword Puzzle



## clues ACROSS

1. Lawyer disqualification
7. Filled in harbor
13. Die
14. Expected
16. As in
17. Squares puzzle
19. Of I
20. Small depressions
22. Cambridgeshire Cathedral
23. Layout and furnishings
25. Sandhill crane genus
26. Challenges
28. A widow's self-immolation
29. Earth System Model (abbr.)
30. Sound unit
31. A teasing remark
33. Surrounded by
34. Distinctive elegance
36. Imperturbable
38. Gulf of, in the Aegean
40. Ice mountains
41. Rubs out
43. German writer Weber
44. Tub
45. Digital audiotape
47. UC Berkeley
48. Actress Farrow
51. Epic body of poetry
53. Weight unit
55. A mild oath
56. More infrequent
58. One point N of due W
59. More rational
60. Exclamation of surprise
61. Manual soil tiller
64. 24th state
65. Surveyor
67. About ground
69. Something beyond doubt
70. Add herbs or spices

## clues DOWN

1. Shelves
2. Max. medical unit
3. Religious orders
4. Blocks
5. Volcanic mountain in Japan
6. Close again
7. Clemens hero
8. \_\_\_-Jima
9. Rendered hog fat
10. Ocean ebbs
11. Spielberg blockbuster
12. Grade reducing
13. Shirk
15. Treats with contempt
18. Single Lens Reflex (abbr.)
21. Integer
24. Photographers
26. Lair
27. Female sibling
30. Supported a structure
32. German socialist August
35. Angeles, Alomos or Lobos
37. Ripe tomato color
38. Indefinite small number
39. Wind River Res. peoples
42. A baglike structure
43. Flying mammal
46. In poor taste
47. Hosts film festival
49. Evansville Hockey team
50. Ohio tire town
52. Popeye cartoonist
54. Resource Based Economy (abbr.)
55. Hates, Scot.
57. Evaluate
59. Porzana carolina
62. Decay
63. Own (Scottish)
66. Atomic #29
68. Santa says X3

# Dr. James McManus Continues the Tradition of the Christmas Cataract

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



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

Dr. McManus will be continuing the tradition he created, known as "The Christmas Cataract," which he describes as, "a happy ending waiting for your story." Dr. McManus wants to encourage Brevard County residents who may be experiencing vision loss due to cataracts, who are uninsured and in need, to visit his website, [TheChristmasCataract.com](http://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.

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

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

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



**FOR MORE INFORMATION**  
regarding this program log on to  
[TheChristmasCataract.com](http://TheChristmasCataract.com)  
or call 321-722-4443

# ALL FOUR Health First Hospitals Honored FOR USE OF ELECTRONIC MEDICAL RECORD SYSTEMS

**All four Health First hospitals were recently nationally recognized** for their use of electronic medical record systems and advanced clinical technology to provide better care. HIMSS Analytics has honored Health First Cape Canaveral Hospital, Health First Holmes Regional Medical Center, Health First Palm Bay Hospital and Health First Viera Hospital with Stage 6 recognition on the EMR Adoption Model (EMRAM). Only 11 percent of U.S. hospitals have achieved this designation.

"This recognition is extremely

significant for Health First because it demonstrates our commitment to using advanced information technology solutions to deliver better care," said Health First Senior Vice President and Chief Information Officer Lori DeLone. "As an integrated delivery network, we strive to share information across all service areas so clinicians can make timely, informed decisions."

Over the past year, Health First has achieved the following milestones using the AllscriptsSunrise™ system:

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

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# Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

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

**Win a Certificate for 1 Catering Box that Feeds 10 People from Jersey Mike's Sub**

OUR WINNER LAST MONTH WAS  
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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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Please Print. Entry form must be filled out completely & mailed.

Name: \_\_\_\_\_

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# What's the **Big Deal** ABOUT CHRISTMAS

**Have you seen the TV show Undercover Boss?** The gist of the show is that business owners disguise themselves as common workers and take menial jobs somewhere within the company. They observe their fellow employees to see if they have the spirit and vision of the company. It's always tearful at the end of the show when the "Boss" reveals himself to the workers and rewards them if their work represented the values of the company. On one show, the best worker received a franchise to the company and his own store. On another show a mom received \$45,000 to help her start a college fund for her children.

But what does this have to do with Christmas? There's a feeling in the air of Christmas. What is it about this time of year that warms the heart of so many people? This holiday season is always filled with many activities from baking cookies, to buying gifts, to Christmas pageants. At one Christmas pageant, the children on the front row of the stage all held letters to reveal during the song, "Christmas Love." The performance was cute as all the kids sang and one-by-one turned their letters over. One little girl holding the letter "M" had mistakenly turned her letter into a "W." She was totally unaware and went through the entire song with her letter

upside down. Snickers and giggles came from the audience as the song continued. The audience was surprised at the end when all the kids held up their letters high and read the message "Christ Was love!"

So you see, just like on the TV show Undercover Boss...

*Love came down at Christmas, Love all lovely, love divine; Love was born at Christmas, Star and angels gave the sign.*

*Worship we the Godhead, Love incarnate, love divine; Worship we our Jesus: But wherewith for sacred sign?*

*Love shall be our token, Love shall be yours and love be mine, Love to God and to all men, Love for plea and gift and sign.*

—Christina Rossetti (1830-1894)

Pastor of Cafe Church Rockledge, 4235 US Hwy 1, Rockledge, FL 32955, 321-501-702, [pastormy@cafechurchrockledge.com](mailto:pastormy@cafechurchrockledge.com). Join us Sundays at 10:30am



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