

COMPLIMENTARY
november 2013

spotlight

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MAGAZINE

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**Exchange Enrollment Center
Opens in Melbourne
pg 13**

pg3 » Spotlight **BUSINESS OF THE MONTH** IS

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Mo-Bay Grill

Every now and then, if you are lucky, you may stumble upon an unassuming restaurant that is destined to become one that you will return to again and again.

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

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

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

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

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

Stop by soon; you will surely return.

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

11:00 a.m. – 9:00 p.m. Tuesday – Friday \ 8:00 a.m. – 9:00 p.m. Saturday \ 8:00 p.m. – 8:00 p.m. Sunday



Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S SON

Bryan J. McDonough

I would like to take this opportunity to officially say hello to everyone. My name is Bryan J. McDonough, and I am the son of Bryan McDonough, the publisher of *Spotlight Magazine*.

Over the years, I have watched this magazine grow in size and circulation. A few months ago, I decided it was time to help my dad and start working full time in the business. I wanted to test the waters and see if I would actually like doing this kind of work full time instead of just helping out every now and then.

I have to say, it has been a very fun past few months. I have enjoyed meeting many wonderful people and I've also learned just how much my dad does to help people. I've witnessed his compassion toward others and his daily dedication to making *Spotlight* the successful publication that it is. I'm proud to work with my father every day. We are not only working for our future, but we are strengthening our bond as father and son. We have become closer as a family, as a business and as friends.

I would like to thank all the readers of *Spotlight Magazine*, because if it wasn't for all of you, this magazine probably would not be where it is today.

Happy Thanksgiving,

Bryan J.
Marketing, *Spotlight Magazine*, Inc.

We keep you in
THE SPOTLIGHT



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inside the Spotlight

november 2013

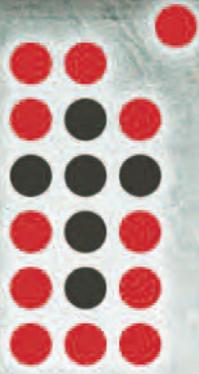


FEATURES

Just What is a Patient Centered Practice	9
How to Improve Local Listing Standing	10
Give Pause on Remembrance Day	11
The Health Care Exchanges are Now Open	12
Give Thanks and Count Your Blessings	14
The Quilt Place and Quilt Retreat Center	24
'Tis the Season for Sharing...Germs	26
The Benefits of Financial Planning	29
Protect Yourself Against Stomach Ulcers	32
Things to Know About Credit Scores	35
Health First Offers Online Check In Options	44

departments

"WHAT REALLY IS THANKFUL"	7
SPOTLIGHT ON THE ARTS	15
SPOTLIGHT ON CHIROPRACTIC HEALTH	17
"SHOWROOM CLEAN"	19
DEAR VAL,	21
SPOTLIGHT ON COOKING	23
SPOTLIGHT ON COMPUTING	27
"EVERY LETTER HELPS"	33
"HOLIDAY SAFETY TIPS"	37
"FREEDOM"	39
SPOTLIGHT ON LIFE COACHING	41
CROSSWORD PUZZLE	42



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WHAT REALLY IS THANKFUL...

by Jim Campbell, First Baptist Church of Melbourne

Every year, we approach this season of “Thanksgiving”. We meet together with family, watch football, and avoid that relative that always has to bring up the controversial debate topic (or maybe that’s us). For some it’s a “family” time, for others it’s a time of remembrance for what God has done for us, for some it’s both. The theme of the season though is thankfulness.

For most of us, thankfulness is something that we do, which really fits in with the taking a day each year, but for the Christ follower, it should be a way of life. All over God’s Word, he speaks of thankfulness. Psalm 69:30 says that I will “glorify Him with thanksgiving”. In other words, the way I glorify God is to point out the work He’s doing (His glory) here and to thank Him for it. We sing to thank Him when we gather together (Psalm 147:7; Psalm 69:30) In 2 Corinthians 9, the writer tells us that God gives us everything we have so we can, out of thankfulness for what we do have (not bitterness for what we don’t) be generous with those things to others, and THAT very generosity will result in thankfulness to God. In every request of God, we should ask with thanksgiving (Philippians 4:6). If “in everything” missed anything, there’s one of my favorite verses in the Bible, Colossians 3:17 “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.” (emphasis added). The greatest thing to be thankful for is that Jesus who allows us to reconnect with God and to know what life is meant to be. The Bible, a collection of 66 books, written by 40 different writers over a period of 2000 years, without consultation between authors, simply inspired by God Himself, just drips with the message “Hey BE thankful.”

It’s amazing the pain that people can get used to, we adjust and adapt, as a God given ability to survive, but at the same time, we adjust the other way. It’s amazing the blessings that we can get used to and overlook. In fact, we don’t usually realize they are there until they are gone.

As you approach Thanksgiving, don’t just take a moment for thankfulness, but commit to live in thankfulness all throughout the next year. Get a post it note and write something you can be thankful for each day and stick it on your desk. I have a friend who starts each day posting on Facebook something he’s thankful for. Get creative, but resign to live a life that is thankful...you will find that a thankful life is better than a demanding one, and everyone might enjoy you better this Thanksgiving as well.

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 or www.baywestchurch.org. Bay West Church is a campus of First Baptist Church of Melbourne.

What ARE You Thankful for?

“For most of us, thankfulness is something that we do, which really fits in with the taking a day each year, but for the Christ follower, it should be a way of life.”

Michelle Sharpe
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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.

Just what is a Patient Centered Practice?

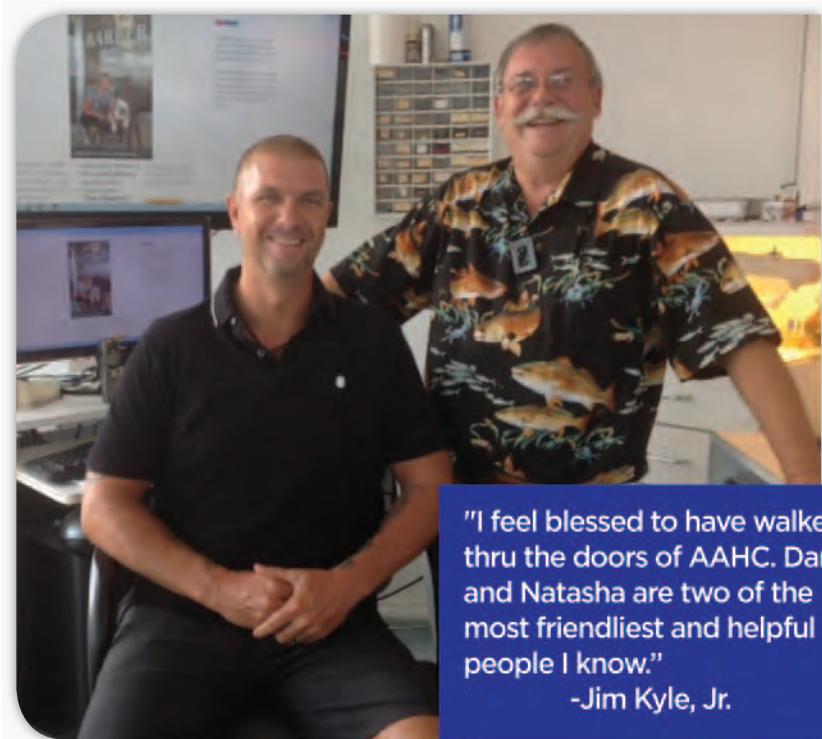
by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

I recently saw a new patient for a hearing aid repair, who presented with a classic noise induced, moderate to severe, what we call ski slope loss. It was complete with what is known as, the boiler maker's notch at 4K Hz. As this loss was on a nurse about twenty years younger than myself, I was curious about her noise exposure, and how she had gotten her hearing loss.

Expecting that perhaps she was a veteran, exposed to a lot of gunfire, and explosions, or maybe an emergency helicopter flight nurse, or such, as those types of noise exposure often cause such losses, I was really surprised when she told me that she had been exposed to none of that, nor any other recreational exposure, save one.

No, this gal had lived a quiet, protected life, excepting one thing, she confessed that she was a longtime season ticket holder to the Florida Gator's games. She also advised that when she left the games, her ears would ring for hours afterward. She had mentioned the issue with her ENT, but had been told that the sound levels at a football game couldn't be loud enough to cause a hearing loss. Yet, here she was, with all evidence of a noise induced loss.

While it never pays to argue with an ENT, what I was seeing in this patient clearly indicated noise induced loss. My own training in hearing conservation taught that time and intensity of exposure really adds up at higher sound levels. So, I went back to the tables and studies, and did a little research.



"I feel blessed to have walked thru the doors of AAHC. Dan and Natasha are two of the most friendliest and helpful people I know."
-Jim Kyle, Jr.

The Occupational Safety, and Health Administration, or OSHA, limits workplace exposure, and has tables for safe exposure based on time and noise levels. Their chart tops out at 115 dB SPL for fifteen minutes without ear protection.

Florida Stadium, known as "The Swamp", has had the noise level on their sidelines actually measured at sustained levels of 125 dB during games, which last an average of four hours. The noise levels drop a little below this during halftime, then resumes.

Based upon the best evidence we have, there simply is no safe, unprotected time exposure to the levels of sound found in "The Swamp".

It seems that while we've done a really good job at controlling dangerous noise levels in the workplace, we've turned a mostly blind eye toward a favored recreational pursuit, football. Clearly, with noise levels literally off the allowable charts, every fan, player, and employee

in the stadium, is at risk of permanent hearing loss, from unprotected exposure to even one game.

The lesson, and my message from this, is that your hearing is a delicate thing. Even fabulously fun things, like a Gator game, may hold unexpected dangers for your hearing. Though this type of loss may not indicate immediately, other than with some ringing for a few hours afterwards, the damage has been done, and the loss when it displays will be permanent.

So, don't end up a deaf old Gator! Wear your ear protection when around any loud noise exposure. Or else, you'll be seeing me, or a colleague before your time. Be smart, protect the hearing you have. Please see our advertisement on page 25 of this issue of Spotlight.



How to Improve **Local Listing Standing**

by Ray Myers

One of the best ways to drive traffic to your small business website is to make sure you rank well in local listings.

Over half of Google searches are from logged in users and many more are searching from mobile phones. In both cases, location information is available and automatically factored into the search results. So, someone searching for a restaurant or auto mechanic, will automatically see localized results.

There are a number of ways you can improve your standing in local listings and get more of that business in your door. It takes a lot of effort but it's well worth the time, or better yet, worth the money if you get a local SEO professional to take care of it for you.

Claim Your Places Page

Your business likely has a Google Places

page whether you set one up or not. Google automatically finds information about your business from other listings and uses it to create a page. They do this so they have more complete listings and can offer better service to those searching. You can claim your page and take full control of it.

Making sure your information is as complete as possible and properly targeted to your ideal keywords is one of the first and biggest steps to improving your local search ranking.

Optimize Your Website

Your name, address and phone number should be prominent on your website. If you rely on walk in business, consider putting it in the header or sidebar of every page. This isn't only good for search, it's good customer service.

Of course, the optimization of your website affects how well this will work. If your existing website has poor SEO you need to fix that first.

Get Reviews

Lots of diverse and positive reviews can go a long way towards pushing you up the list of local businesses. Consider adding signage or putting something on your sales receipts that asks satisfied customers to leave a review.

This is only some of the many things you should do. Keep an eye out for a future blog post where we look at a few more tips to improve your local search standing.

Need help improving you local search listings or search engine optimization in general? Give Effex Agency a call at 321-872-8932.

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Give Pause on Remembrance Day



Throughout history, millions of soldiers have marched into wars to protect the freedoms of their countries. Remembrance Day is a solemn time to commemorate those soldiers' achievements and sacrifices and to pay respects to soldiers who died in battle.

In the United States, people honor their present and past military on Veterans' Day. In British commonwealth countries and territories, including Canada, November 11 is known as Remembrance Day. Since the end of World War I, memorials to remember those of the armed forces who fought in battle and perished in the line of duty have been dedicated on this day.

Armistice Day origins

Remembrance Day was once known as Armistice Day because it marks the signing of the armistice that put an end to the hostilities of World War I. On the 11th hour of the 11th day of the 11th month of the year, guns fell silent after more than four years of continuous warfare between the Germans and Allied troops. The armistice agreement was signed in a French train carriage at 11 a.m. Later, the carriage where the historic event took place was placed in a specially constructed building to serve as a monument to the defeat of Germany. Although it was moved by German forces and later destroyed during World War II, after that war ended a replacement carriage,

correct in every detail, was rededicated on Armistice Day in 1950.

Remembrance Day evolution

Armistice Day was renamed Remembrance Day after World War II to commemorate soldiers from both world wars. It is now used as a way to pay homage to any fallen soldier.

Each year a national ceremony takes place at the Cenotaph in Whitehall, London, a monument erected as a memorial to soldiers buried elsewhere. The Queen will lay the first wreath at the Cenotaph, while others will leave wreaths and small wooden crosses.

In Canada, Remembrance Day is a statutory holiday in many provinces and territories. Official national ceremonies are held at the National War Memorial in Ottawa. Events begin with the tolling of the Carillon in the Peace Tower, during which members of the Canadian Forces participate and congregate at Confederation Square. Similar ceremonies take place in provincial capitals across the country. Very often moments of silence are offered for lost lives.

What about the poppies?

One of the unifying symbols of Remembrance Day is the poppy that is worn to honor lost soldiers. The bold, red color of the flower has become an enduring symbol of those who died so that others may be free.

The poppy became a symbol for a specific reason. Some of the most concentrated and bloody fighting of World War I took place in Flanders, a region in western Belgium. As a result of the fighting, most signs of natural life had been obliterated from the region, leaving behind mud and not much else. The only living thing to survive was the poppy flower, which bloomed with the coming of the warm weather the year after fighting in the region had ceased. Poppies grow in disturbed soil and can lie dormant in the ground without germinating. Without the war, they may have never come to the surface.

John McCrae, a doctor serving with the Canadian Armed Forces, was moved by the vision of poppies flowering in Flanders and wrote a poem titled "In Flanders Fields." After the poem was published, it received international acclaim, and the poppy became a popular symbol of those lost in battle.

Men traditionally wear the poppy on the left side of the chest, where a military medal would be placed. Women wear it on the right side because that is where a widow would wear her husband's medals.

Remembrance Day is celebrated every year, providing people humbled by the sacrifices of soldiers an opportunity to remember those soldiers' efforts to secure freedom.

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The Health Care exchanges are now open for business (“sorta”)

On October 1st, One Insurance held an epic ribbon cutting to commemorate the opening of the new health care exchanges. The ribbon cutting included a live band, a massage booth, a live cartoon character artist, international food inspired from Cuba, Thailand, Italy, Ecuador and Jamaica. The drinks also included International beer and Portuguese wine sponsored by the Portuguese Corner store in Palm Bay Florida. Chris Robinson the President and owner of One Insurance Group was very pleased with the large turnout and explained “The new healthcare law although controversial is necessary at this time and will help millions of people to get health insurance coverage that are unable to presently, we have changed our business model to prepare to help thousands of people in Brevard that will qualify for a subsidy.” In our role as a health insurance agency we will be able to assist clients in (1) Getting the maximum subsidy available on the exchange to minimize their insurance cost (2) assist in reviewing the over 100 plans available in Brevard county on the exchange and (3) enrolling the client in the plan best suited for them. One Insurance is able to do all these services at no additional cost to the client because they are paid by the insurance carriers to enroll members into their respective plans.

Already, One insurance has assisted close to 100 individuals in educating them and how to qualify for the maximum subsidy. Although the federal exchange website is not working, One Insurance is meeting with individuals daily and assisting them in pre-qualifying for a subsidy, comparing plans and educating them on their options. “So far we have a list of close to 100 individuals pre-qualified and ready to enroll as soon as the website starts working. We continue to receive calls



from people who are confused by the entire process, the biggest surprise to them is that we have a local facility here in Brevard that was specifically designed to help individuals with this process at no additional cost to them. They like the idea of having the assistance up front and then having a local agent after the enrollment to assist them down the road with any issues.”

In addition, One Insurance Group is helping small business owners sort through the maze of options for now offering or not offering benefits to employees. “In some situations we have advised small business owners to continue with their group plans because the average salaries of their employees would prohibit them from receiving a subsidy on the exchange, however, there have been situations where it is far more beneficial to the employer and the employees to cancel the group plan and go to the exchange for benefits, this is more likely in a case of a small business with very low average salaries. Therefore, every business is different and they need to have an analysis done to make sure they make the most informed decision”. Chris spends a lot of time doing presentations to different

organizations on the Affordable Health Act including, the Brevard county CPA’s, Palm Bay Rotary club, Melbourne small business council, Restoration Church, Palm Bay NGO group, BCASCA and many more.

If you are interested in Chris giving your organization a presentation to help them understand the Affordable healthcare Act please contact One Insurance Group at (321)

474-4825 and there is no cost, based on availability.

We would like to thank all of the vendors, Chamber members, community leaders and attendees for making our ribbon cutting a huge success.

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Give Thanks and Count Your Blessings

by Michele Black

Our children are taught that the first Thanksgiving began in 1621 with the Pilgrims and the Indians, but this is not historically correct.

The Pilgrims, who sailed to this country aboard the Mayflower, were members of a Puritan sect called The English Separatist Church. These Separatists fled England earlier and settled in Holland to avoid religious persecution. While they enjoyed more religious tolerance there, they were quickly disenchanted with the Dutch way of life, which they thought was ungodly.

In their search for a better life, they negotiated with a London stock company to finance their passage to America. Only a third of the seafarers were Separatists. The rest were hired to protect the company's interests.

They reached the shore at Plymouth Rock on December 11, 1620. Their first winter was devastating, and by the beginning of the following fall they had lost 46 of the first 102 passengers.

Despite these setbacks, the harvest of 1621 was very bountiful. Those who remained, along with the 91 natives, decided to celebrate with a feast. These natives helped the pilgrims, who likely would not have survived without that assistance.

The feast, which lasted three days, was more in the spirit of a traditional English harvest festival than it was an actual "Thanksgiving" observance.

It is said that Governor William Bradford sent four men fowling after wild ducks and geese for the event. No one knows for sure whether wild turkey was part of the feast, but the word turkey was used by pilgrims to refer to any sort of wild fowl.

President Lincoln was the first president to proclaim Thanksgiving Day in 1863, and the holiday has been a fixture of late November ever since.

Today most of us enjoy the holiday with all of the commercial trappings, but if one looks past the turkey, stuffing, and pumpkin pie, Thanksgiving is an excellent time to take a moment with family and friends, reflect upon our lives, give



thanks, and count our many blessings. It is a time to share those blessings with the less fortunate by lending a hand, by sharing a meal, or performing acts of kindness.

It is a time to remember that life does not always remain the same, no matter how much we wish it would. As you take time to reflect upon your life and those you love, think about what needs to be done

to protect those blessings, for which you are so thankful. Take the time to consider that if certain provisions are not made for your loved ones, they could one day become the less fortunate.

This is the perfect time to open your heart in preparation for the holiday season which follows Thanksgiving. It is also a wonderful time to give the gift of the future to those you love. Life insurance and other financial protections are an effective way to give thanks, ensure continued blessings, and say "I love you" to those who matter the most.

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GIVING THANKS SPOTLIGHT ON THE ARTS

by Pam Mankowski

November is the beginning of celebration season. Not the commercial version - with everything done up in gift wrap and bows and glitter and holiday season smells. The REAL version - the "thankful" and "giving" celebration. I have a lot for which to give thanks! After family and friends and God and country - one of the things that I am thankful for is a chance to share acting skills with Stage 1 Stars students and watching them perform for an audience.

Not only am I thankful for the young actors coming to Stage 1 Stars, but also in welcoming a new skilled instructor/director to the Stage 1 Stars family. Payge Whipple joins Beth Green, Evanne Floyd and myself in training and directing these talented young actors and singers.

I am thankful for new classroom opportunities. Stage 1 Stars classes are being held at 702 Downtown (corner of New Haven Avenue and Livingston) and in the Melbourne Village Recreation Center. Each of these locations affords a roomy space with adjustable performance areas. The 702 Downtown location also has amazing acoustics for the Joy of Singing classes.

I am also thankful for new talent in the Home School class that Payge is working with to present *The Best Christmas Pageant Ever* by Barbara Robinson. Payge Whipple tells me that she is thrilled to be directing again after moving from Waukegan, Illinois last year. "This group is wonderful and it really helped me get over my homesickness to work with such a wonderful group of kids." More about this Christmas production in the December *Spotlight* with dates and locations throughout South Brevard. For information about the Melbourne Village SIS class, call Payge at 321-266-7138.

Last, but not least, I am thankful for our families (aka Drama Mamas and Dads) for entrusting their young actors to our care and for always stepping in to help out in times of need. Not just the moms and dads and grandparents with the

carpools and "auto diners" and schedule keeping, but the ones that continue to go the extra mile and volunteer to help out with the heavy lifting, moving, setup and strike. If it were not for my own personal support team of Evanne Floyd, and especially my own husband Mark, I would often be sitting in the hall with my head in my hands wondering where to start! This year I need to remember the SIS family for helping with the move to the new improved storage space - Drama Mama



Davina Friese, *Grandma the Great* Patti Laite; Actors Killian Norris and Spencer Reeves, Former SIS Maurice Grant, theatre friends Mike and Eldonna Mellen and my incredible associate Evanne Floyd and husband Mark. Special thanks to the muscle from Andrew Major, Kevin Spanier, Andrew Hamilla, and Randall Waters from the Chi Phi Fraternity, Xi Delta chapter at Florida Tech. The move helped to organize the costumes, props and set pieces in a roomier space.

If you have a young actor or singer that would like to "get in the act" with Stage 1 Stars or Joy of Singing (directed by Beth Green) just e-mail me at stage1stars@aol.com or call 321-543-0705. We always welcome creative young people wanting to share their talent and energy on stage.

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DON'T SHOP TIL' YOU DROP THIS HOLIDAY SEASON

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

BLACK FRIDAY NOV. 29



The day after Thanksgiving is a milestone of sorts in America. It

reminds us of just how quickly the year has gone by and how close we are to the holiday season. This realization, coupled with the fabulous sales at major department stores and malls everywhere, helps make the day after Thanksgiving our biggest shopping day of the year. And until we flip the calendar over to a new year, the chaos just doesn't let up.

Since the added demands of this season can stress the capacity of our bodies, we need to do everything we can to help ourselves by eating right, drinking plenty of water, stretching, exercising and taking a few minutes to slow down and reflect on what the season is all about.

The following are tips to help keep you and your family healthy and happy this season.

Treat Holiday Shopping As An Athletic Event

Stay hydrated!

Drink eight to ten 8-ounce glasses of water a day. (Coffee, tea, soft drinks and alcohol are diuretics/dehydrators. Don't substitute them for water.) On shopping days, you may need to drink even more water.

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

Wear shoes with plenty of cushioning in the soles to absorb the impact of walking on hard shopping mall floors. According to recent studies, 60% of women report wearing uncomfortable shoes.

Make sure the clothing you wear is as comfortable as possible. It's a good idea to wear layers, because you may be going from a cold environment (outdoors) to a warm environment (indoors).

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

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

Plan Frequent Breaks Into Your Shopping Day

During a day of heavy shopping, most healthy people should take a break every 45 minutes. Those with less stamina may even need to take a break every 20-30 minutes. If you work in a physically demanding job where you're accustomed to being on your feet most of the day, you may be able to get away with taking less frequent breaks.

If possible, obtain a locker at the mall and schedule trips to your locker into your breaks. Lockers can help cut down dramatically on how much you have to carry.




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SHOWROOM CLEAN

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

One Sunday I needed to be at church earlier than normal. It was such a beautiful morning I decided to ride my motorcycle to church. Having been caught in a light shower the afternoon before, the bike was covered with water spots and road grime.

I will admit I'm a little compulsive about keeping the vehicles (especially the bike) clean.

Even though it was Sunday morning, if I didn't at least wipe off the spots and the worst grime I knew I could expect a great deal of harassment from a few buddies whose bikes would park next to mine. Yes, I know what you're thinking... but I grabbed a towel and went to work.

It didn't take more than a few minutes to wipe the most visible areas, a complete detail would have to wait until later. Using a damp towel I quickly wiped both sides of the windshield. It wasn't show room clean... but it looked pretty



good. I changed clothes, grabbed my briefcase and headed out.

I rode through the neighborhood, enjoying the sights and sounds of a cooler than normal morning. The way the sun poked through the trees seemed to make the bike shine as I rode along. What a shame there wasn't much traffic, surely people would have been impressed by how clean the bike looked. As I

turned east onto Palm Bay Road the sun glared with a new intensity, revealing every spot and streak I hadn't see in the garage. The windshield ... it looked as if I had taken a greasy rag to it, rather than a clean towel. Hopefully no one would be at church yet, the windshield desperately needed cleaning ... again.

Our lives are often like my bike. We try hard to clean up the "water spots and grime" we encounter and from our perspective we look pretty good. Read with me from Ephesians 5:8-14... "live as children of light ... find out what pleases the Lord... have nothing to do with deeds of

"We try hard to clean up the 'water spots and grim' we encounter and from our perspective we look pretty good."

darkness... everything exposed by the light becomes visible, for it is light that makes everything visible... Christ will shine on you."

I was reminded that Sunday morning, that frequently I need to place the bike into the sun to expose the places I thought I had cleaned, but had missed. In the same way we must place our lives in view of the Son. Only then will we be showroom clean.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"The Biblical Jesus is
the Son of God."



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

Dear Readers,

In response to the bill boards promoting Islam, last month, I began the first of a two part article which addresses: the Jesus, in the Quran, the Jesus in the Bible, and the discrepancies between the two. For those readers who missed last month's

column, you may always view past issues of Spotlight by typing: www.spotlightbrevard.com into your browser window. Click on "archived issues", and then scroll down to October, 2013. You may also send an email to me and I'll send you the article in its entirety. Last month, I gave six examples of dissimilarities, so I will begin with the seventh...



7. The Islamic Jesus isn't the Son of God, and whoever believes this will be thrown into the blazing fire. Quran: Maryam 19:34-38. The Biblical Jesus is the Son of God. "And the Word became flesh, and made His dwelling among us. We have seen His glory, the glory of the One and Only, who came from the father, full of grace and truth." John 1:14

8. The Islamic Jesus can not be worshipped. "Christ the son of Mary was no more than a messenger; many were the messengers that passed away before him." Quran: Sura 5:75. The Biblical Jesus is to be worshipped by both men and angels. "And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." Philippians 2:11. And in Hebrews 1:6, it is written, "And again, when God brings His first born into the world, He says, "Let all God's angels worship Him."

9. The Islamic Jesus is just another prophet. "Jesus and that given to (all) prophets from their Lord: We make no difference between one and another of them: Quran: Surah 3.136, 2.84. Our Jesus is the name above all names. "...far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come." Ephesians 1:21.

10. The Islamic Jesus returns wearing yellow garments. "Jesus, peace be upon him, he will descend, to the earth. When you see him, recognize him: a man of medium height, reddish hair, wearing two light yellow garments." (Sunan Abu Dawud Book 37, number 4310). The following describes Christ's transfiguration in the Bible, "There He was transfigured before them. His face shone like the sun, and His clothes became as white as light." Matthew 17: 2.

11. According to Islamic prophesy Jesus descends on a Minaret in Damascus, Syria. The Biblical Jesus will descend upon the Mount of Olives near Jerusalem. "On that day His feet will stand on the Mount of Olives, east of Jerusalem, and the Mount of Olives will split in two from east to west..." Zechariah 14: 4.

12. The Islamic Jesus returns on the wings of two angels. Mawdudi, A.A, Finality of Prophet-hood, pp. 58-61. In Revelation: 19: 11, the Bible says, "...and there before me was a white horse, whose rider is called Faithful and True..." There are more discrepancies, but you can clearly see, the Islamic Jesus is NOT our Lord and Savior.

I've given examples of two entirely different versions of Jesus, one of which is Islamic and the other Biblical. Jesus Himself said, "For false Christs and false prophets will appear and perform great signs and miracles to deceive..." Mathew 24:24. To claim that the Jesus described in the Quran is the same Jesus in the Bible is blasphemy.

For unto us a child is born, unto us a son is given: and the government shall be upon His shoulder: and His name shall be called Wonderful, Counselor, Mighty God, Everlasting Father, the Prince of Peace (Isaiah 9:6 KJV).

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

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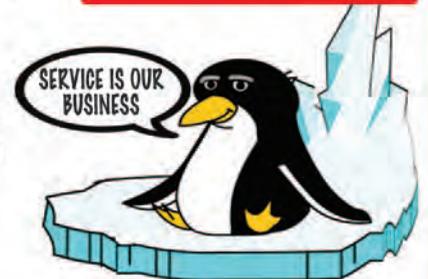
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FACEBOOK FRIENDS RECIPES SPOTLIGHT ON COOKING

by Cecelia Danas



Happy Thanksgiving! Thanks to Facebook, I have connected to many of my childhood friends. This recipe was sent to me from my friend Holly who's Mom just passed. She knew how much I loved her Raisin/Walnut Cake. One of my most fondest memories was having this cake for Thanksgiving. Her house was always open to us kids the next day to eat "leftovers". Mrs. P thanks for being in my life and being a second Mom to all of us kids. With much love. This is one of the things I am thankful for this Thanksgiving. Remember — Be Creative!

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

Mrs. P's Raisin/Walnut Cake

CAKE:	2 eggs	FROSTING:
3 c flour	3 c chopped & peeled apples	4 tbsp flour
1/2 tsp. nutmeg	2 tsp baking soda	1/2 c butter
1 c sugar	1 c raisins	1 c milk
1/2 tsp salt	1 1/2 tsp cinnamon	1/2 c Crisco
1 c mayonnaise	1 c chopped walnuts	1 c sugar
1/4 tsp. ground cloves		1 tsp. vanilla (pure)

Grease and flour 2 9inch pas. In a large bowl add the first 10 ingredients and beat on low for until all is mixed (about 2 minutes). Add apples, raisins and nuts and mix. Divide batter into the two pans. Bake for 45 minutes at 350 degrees or till the toothpick comes out clean.

Cool cake and make frosting.

Cook the flour and milk stirring constantly until it becomes thick like paste. Cool Beat sugar, butter, Crisco and vanilla for 4 minutes. Add the flour/milk and beat for 4 more minute. Ice Cake. Decorate with halves of walnuts around the bottom.

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The Quilt Place and the Quilt Retreat Center

The Quilt Place and The Quilt Place Retreat Center are two fabulous destinations for quilters and sewists alike. Located in the heart of Brevard both businesses are easy to get to and close to highways from every direction. People from far and wide come to visit on a daily basis yet there are so many more people we would love to introduce to the store and the retreat center.

The Quilt Place is an amazing sight to behold. The simple unassuming façade of the 8000 square foot building does not compare to the wonders held within. Upon entering the front door most customers are rendered speechless due to utter awe. Dozens of quilts hang from the ceiling and the walls while the 13,000 bolts of fabric, kits, notions, patterns, books as well as long

arm quilting machines overwhelm the senses. This is a quilters' paradise that no one should miss!

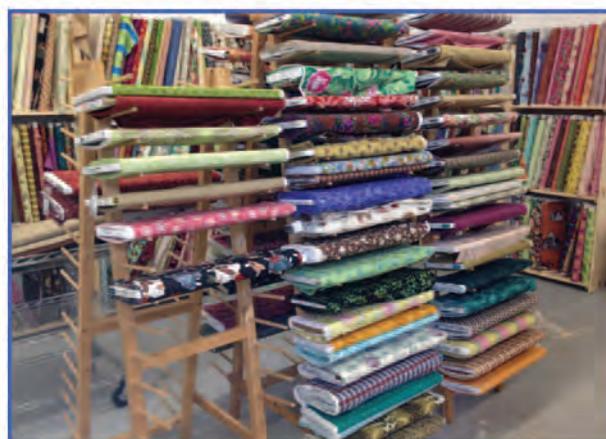
The Quilt Place Retreat Center gives quilters the opportunity to socialize, learn new techniques and sew till their hearts content. Several buildings located on the Indian River, off of US 1, in Cocoa make the retreat center unique among local retreats due to its all inclusive facility. It is a quiet place, with tall majestic oaks and lots of sewing room. The pool and hot tub are available for some relaxation



and exercise while the sewing room is open all day and night for those who just have to finish that block.

Double occupancy rooms keep the guests comfortable with no need to rush, and this frees the creative mind.

Novembers' retreat is entitled San Marco Square and is a paper pieced, 3D, modern quilt with wonderful movement and effect. This retreat occurs Nov. 22-24 which would be a fabulous get away before the holidays begin. Contact The Quilt Place at 632-3344 to get more information and updates about future retreats.



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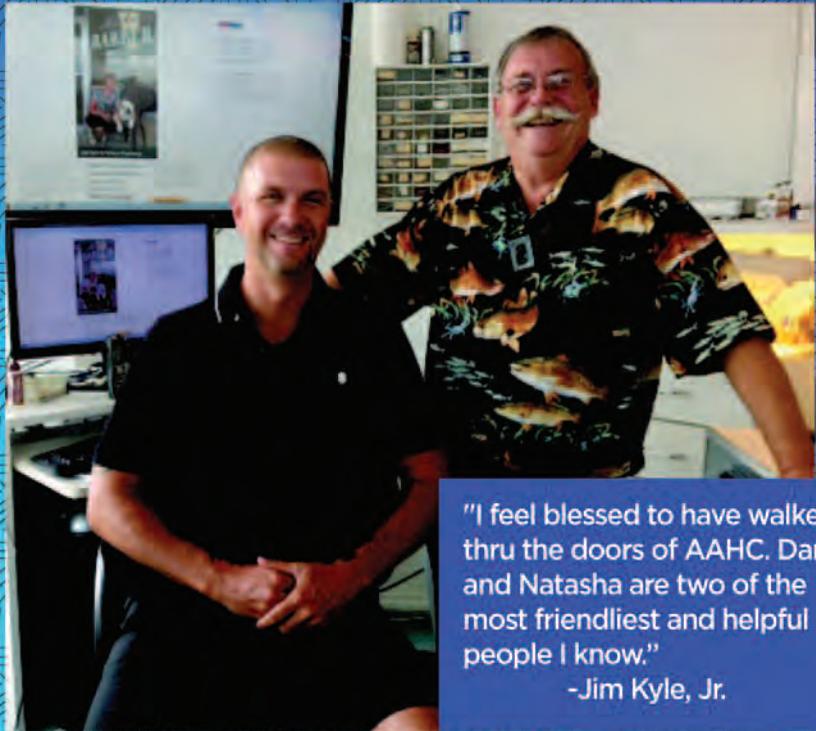
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HOW TO BOOST YOUR IMMUNE SYSTEM FOR THE HOLIDAYS

The hustle and bustle of holiday celebrations will soon be upon us. The office parties are already in full swing and storefront windows are all decked out in holiday glitz. Your Christmas lights and decorations are up and all that is left to do is entertain family and friends.

This time of year can be wonderful, but it also brings a certain amount of stress. The last-minute shopping, family visits, kids running around the house and overcrowded shopping centres is exhausting just to think about.

All of that added stress also can affect your immune system. Hugs and handshakes represent golden opportunities for viruses, parasites and bacteria to join in the spirit of Holiday sharing. You wonder how you will ever make it through the season without catching something.

And then you may ask yourself: Can probiotics really boost my immune system? The answer is yes.

According to dietitian and nutritionist Annie Jolicoeur, many clinical studies have demonstrated the benefits of probiotics in terms of preventing and treating the common cold, the flu and gastroenteritis.

"Taking probiotics reduces the severity and duration of symptoms like fever, coughing, runny nose, and even diarrhea," explains Jolicoeur. "Therefore, it is recommended that all members of the family take probiotics every day."

Jolicoeur recommends Probaclac as the ideal solution since it provides probiotic complexes that are designed specifically for every age group: children up to the age of 15; adults (can be taken from the

age of 15); and older adults (age 50 and up).

Maintaining a healthy intestinal flora helps to protect against the penetration of bacteria, parasites, and viruses, Jolicoeur advised.

"Did you know that the intestinal mucous membrane acts as the 'cornerstone' of your overall health? Two-thirds of the immune-defence cells in your body are found there. Therefore, your immune system is enhanced when you take probiotics."

Here's a tip: Jolicoeur recommends you start taking probiotics at least two weeks before the holiday season begins, so that your body will be well prepared to ward off the oncoming germ attacks. More information on the benefits of probiotics is available at probaclac.ca.

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SWITCHING FROM IPHONE TO ANDROID SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Apple's iPhone used to dominate the smartphone market when it came to innovation, but recent years have seen a handful of competitors developing extremely compelling alternatives, with Samsung's Galaxy S4 being one of the most compelling. Today's Ford vs. Chevy or Windows vs. Mac question has definitely become iOS vs. Android as the smartphone market evolves.

Just as when a diehard Ford owner switches to a Chevy or a long-time Windows user switches to a Mac, there is the initial learning curve, which can often create a lot of frustration. If you've been a long-time iPhone user, you are used to how things work, where they're located, and how they get changed.

There are some basic things to consider before you make your decision, starting with apps. Spend some time looking at the apps on your iPhone to see which ones you can't live without and make sure the same app or an equivalent app is available in Google's Play Store. Most of us rarely use 90% of the apps on our

phones, so this may not be that big of an issue or it could be a deal killer if you have mission critical apps.

The more you live your life in the Cloud (Gmail, Facebook, Twitter, etc.) the easier the transition will be. Your music, video, contacts, messages etc. are pretty easily transferred to a GS 4 with Samsung's Smart Switch utility <http://samsungsmartswitch.com> but don't expect perfection.

If you've also accumulated lots of iPhone accessories, cables, car chargers, docking stations, and cases that you'll have to replace when you switch, be sure to include that in your calculations. If you approach the change from the standpoint of figuring out how to make an Android device work like an iPhone, instead of learning how the Android works, you're going to be even more frustrated.



Notifications, settings, configurations, where the back button is, and a whole host of subtle differences will have you somewhat disoriented for the first few days and likely wondering what you were thinking.

If you can approach this as if you had never owned a smartphone before (try to leave your Apple baggage at the door), you'll acclimate much faster to the Android way of doing things. There are lots of subtle things that are just a little more intuitive once you get used to the workflow differences and the Internet is filled with Android how-to guides for former iPhone users.

If you're going to switch smartphones, than you'll also be switching from some of Apple's services to the Google equivalent (Drive, Calendar, Chrome Browser, Google+ for photo backups, etc.) The more invested you are in Apple's ecosystem, the more involved it will be to make the transition, so don't expect it to be quick or painless.

If you're open minded about change and are willing to spend the time it will take to make the transition, you'll be fine. If you're not good with change, get frustrated easily, or just don't have the patience to learn a bunch of new things, you should probably stick with an iPhone.

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The Benefits of Financial Planning

Financial planning is often mistakenly assumed to be a concern for the wealthy. That assumption essentially promotes the idea that people without much money need not worry about what to do with their finances. However, financial planning can benefit people at all income levels, even helping those at lower income levels move into higher brackets if they plan successfully.

Though having an idea of how to spend and grow your money is an idea many people would likely embrace, a significantly large number of people do not have a financial plan. In its 2012 Household Financial Planning Survey, the Certified Financial Planner Board of Standards found that just 31 percent of financial decision makers in families had created a financial plan. Some survey respondents did so on their own, while others used the services of a financial planner. Though some might be intimidated or even scared to institute their own financial plans, it can be done. For those who are especially hesitant to develop their own financial plans, financial planners can help you define your goals and make those goals a reality. The benefits of financial planning are numerous, helping men and women build better financial futures.

A financial plan forces you to define your goals. One of the biggest advantages to financial planning is it forces men and women to define their financial goals. An effective financial plan should consider both short- and long-term goals. If you hope to one day own a home, a financial plan can help you figure out how quickly you will own that home. A good financial plan also can help you map out a course for retirement. Ambiguity with respect to your finances is potentially dangerous. Saying you want to retire at 60 and developing a plan to

make that happen are two very different things, but the latter can make it happen while the former won't get you anywhere unless you take action. Be as specific as possible when defining your goals, and recognize that, depending



on when you are making your financial plan, you might need to reassess those goals if they are not realistic.

A financial plan can help you curtail your spending. With a financial plan in place, you're less likely to waste your money on frivolous things. Without a plan, you're more likely to treat money as disposable, putting your financial future in jeopardy as a result. A careful examination of your financial situation can shed light on areas where your spending is excessive. A negative cash flow, which occurs when there is more money going out than coming in, has never been a part of a successful financial plan. Correcting such a situation, which is often accomplished when people establish a financial plan that trims excessive spending, can go a long way toward securing your financial future.

A financial plan can be motivational. Another significant and often overlooked benefit to financial planning is how such planning can act as a motivator. A good financial plan will include certain measuring sticks, such as having debt paid off by a particular date or a certain day by which you hope to deposit a certain

amount of money into your savings. These measuring sticks often motivate men and women to be more responsible with their money, and many people find living up to short-term financial goals to be very rewarding.

A financial plan makes better use of your money.

Even if you don't have any negative spending habits, a financial plan can help you make better use of the money you do have. A closer examination of your finances can often yield a host of ways to grow your money or save it. For example, you might have multiple insurance policies, some of which offer duplicate coverage. Examining each policy and removing duplicate coverage

can save you money and help you spend that money in better ways. You wouldn't pay for the same slice of pizza twice, so why pay for the same coverage twice? But unless you make a financial plan, you are unlikely to find those areas where you're wasting money or discover the numerous ways in which your money can be better spent.

A financial plan helps you grow your money.

Even if you are worried about investing or especially skittish when it comes to risk, you will need to find ways to grow your money, and a financial plan can help you do just that. The concept of inflation dictates that the dollar you have today won't be worth as much next year, meaning you will need to take steps to grow your money if you hope to have enough to get by in retirement. A financial plan can help everyone, whether they're risk-averse or not, grow their money. Something as simple as opening an interest-bearing account will grow your money more than if you were to put that money under the mattress. Without a financial plan that includes ways to grow your money, the money you have will only lessen in value as time goes on.

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You can get great storage items and save money on your grocery bills with Tupperware. If you need a bag to store, carry, or simply look stylish, Thirty-One will be there. Avon will be on hand for your make-up, skincare, and jewelry needs. You can deck your walls with custom vinyl from Uppercase Living. You can even learn to make homemade cards or capture memories with Stampin' Up, PartyLite will be there to make everything smell divine, and you can tell your life story in a locket from Origami Owl. Each of these vendors will have a booth set up

where you can shop, book your own party, and get lots of great deals!

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How to Protect Yourself Against Stomach Ulcers

Did you know that a bacterium called Helicobacter pylori is the main cause of 60 to 80 percent of gastric ulcers, and of 80 to 85 percent of duodenal ulcers? The duodenum is the upper end of the small intestine.

Normally, a layer of mucous protects the stomach and the intestine from the acidity of the gastric juice, a liquid secreted by the stomach glands during digestion. Helicobacter pylori weakens this protective layer by penetrating the mucus lining and creating open sores, or ulcers, in the gastrointestinal tract.

In industrialized countries, close to 20 percent of people aged 40 and under are infected with this bacterium, and it affects close to 50 percent of people over the age of 60. Studies show that 20 percent of these people will develop an ulcer during their lifetime.

Clinical studies have shown that probiotics can be useful in treating infections caused by Helicobacter pylori. Antibiotics

are usually prescribed to eliminate Helicobacter pylori, but unfortunately, the success rate is only 74.8 percent. When a multi-strain probiotic supplement, such as Probaclac, is added, the treatment's efficiency increases to 83.6 percent.



The fact that antibiotics cause several side effects is important to mention. These adverse effects, experienced by 38.5 percent of patients treated, include diarrhea, stomach pain, nausea and taste changes. When a multi-strain probiotic supplement is given along with the antibiotics, side effects are reduced and reported by only 24.7 percent of patients.

Jolicoeur recommends Probaclac as the ideal solution since it provides probiotic complexes that are designed specifically for every age group:

children up to the age of 15; adults (can be taken from the age of 15); and older adults (age 50 and up).

"Adding a multi-strain probiotic supplement to the medication given to treat ulcers caused by Helicobacter pylori significantly increases its efficiency and tolerance," she said.

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with **Holiday Shopping?**

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

Friends of feral and abandoned cats

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

To meet this mission low-cost spay/neuter clinics are held monthly within Brevard County.

SCFN spay and neuters Over 800 cats per year.

SCFN believes

Trap-Neuter-Return (TNR) is the humane, cost-effective, and tenable method to reduce cat overpopulation.

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

Helpline Monitor

Spay/Neuter Clinic Volunteer

Trapper

Foster or Kitten Care

Clinic Transporter

Publicity

Feeder at Mims' Sanctuary

Fundraising

Clerical/Computer Skills

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

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

www.scfntnr.org

Every Letter Helps *By Michael Mendes*

This January the city of Indian Harbor Beach banned feral cats on community land, particularly on complaints of four residents. The IHB town council did not research any of the allegations from residents, (misinformation on rabies, toxoplasmosis, and rodent increase), but instead took it all as fact and banned feral cats from IHB. With only 400 words to get my message across I have to cut to the chase. Below is a letter to the town council of IHB. If you agree that they were quick in their decision please fill the three criteria at the bottom of the letter and send to: Space Coast Feline Network Inc., P.O. Box 624 Cocoa, FL 32923. We will make sure they get into the correct hands.

To: The Indian Harbor Beach Mayor & City Council

November 2013

On January 8, 2013, the Indian Harbor Beach City Council voted to ban community (feral and abandoned stray) cats on all public property within City limits and gave specific caregivers until December 31, 2013, to trap and relocate remaining cats in Gleason Park. As an advocate for No-Kill, I respectfully request that the Indian Harbor Beach Mayor & City Council reconsider this decision and allow the cats that are there to live out the remainder of their lives. Allow this managed colony to reduce in size thru attrition as many other well-managed colonies in Brevard have done over the years. Allow the caregivers to do what they do best, manage the colony and trap, sterilize, vaccinate, and relocate only the newly dumped cats/kittens, since no one seems to be able to stop the illegal dumping of animals.

Your decision was based on biased and unproven scare tactics used by individuals and groups that want to end the lives of free-roaming cats by the trap-and-kill method vs the humane method of trap-neuter-return. Contrary to what so-called evidence the Indian Harbor Beach Council had that trap-neuter-return does not work, there are many well managed colonies throughout Brevard County, Florida that are proof that it DOES work. The Brevard County Animal Advisory Board and many local animal advocates worked together for many months discussing the community/feral cat issues and the end result was that no change needed to be made to the County's feral cat ordinance. Blatantly ignoring all the time and effort put forth by the Animal Advisory Board and many residents of Brevard County simply makes no sense and gives the residents of Brevard County the idea that the Indian Harbor Beach Council believes they are the ONLY community/feral cat experts ... which

could be nothing further from the truth.

A total in excess of \$300,000 of grant funding has come into Brevard County from various sources to help with spay/neuter of both community and pet cats over the past 5 years (information compiled from Space Coast Feline Network, Brevard County Animal Services & Enforcement, Animal Guardians of Brevard, Suntree-Vierra Pet Rescue, SPCA of North Brevard, and Central Brevard Humane Society). There are many people and groups all over Brevard practicing TNR (trap-neuter-return) as it is the ONLY answer to our overpopulation problem of cats. Why would all this additional funding come into Brevard if the rest of the country and animal welfare organizations did not believe in TNR?

Relocation of community/feral cats rarely is successful due to the cats' instinct to try to find their way home. Most end up as roadkill or starve to death. Please reverse the decisions you made in January 2013 regarding free-roaming cats in Indian Harbor Beach. The community/feral cat caregivers should be thanked rather than fined for the service they provide FOR FREE to your community. Let Brevard County Animal Services do their job that taxpayers pay them to do ... if there is a nuisance issue, they can deal with it and try to resolve it in a humane manner.

As elected officials, I am sure you do not want to have Indian Harbor Beach, Florida to be added to the very small list of cat-hating, cat-killing communities.

Printed Name of Petitioner

Town Resident or State Resident

Signature of Petitioner

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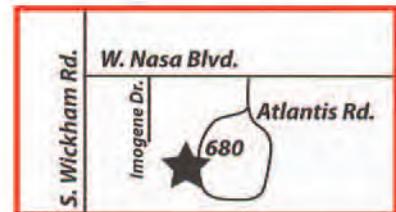
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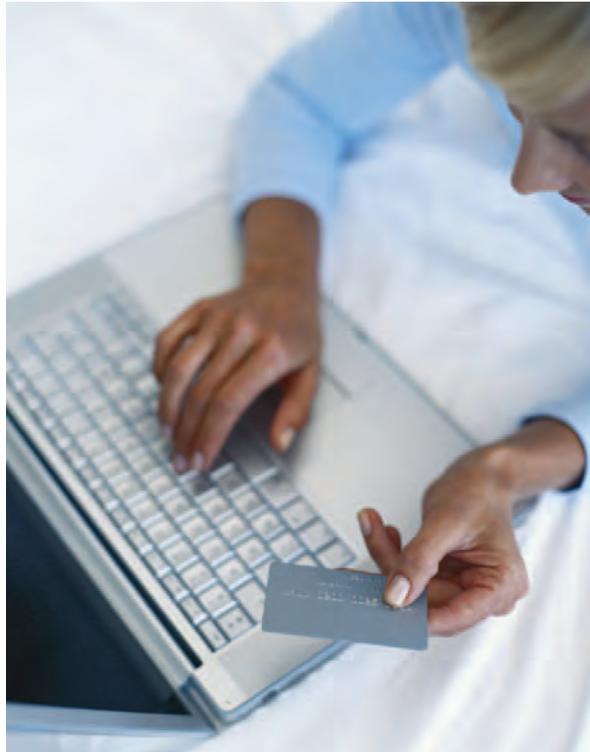
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Things to Know about Credit Scores

Many consumers are aware of the importance of having a good credit history. A strong credit history means consumers have a high credit score, which can help them secure home and auto loans with reasonable interest rates. But while consumers may know the significance of a good credit score, they might not know about the credit score itself. The following are a few things even consumers with strong credit histories may not know about that three-digit figure that can have such a substantial impact on their lives.

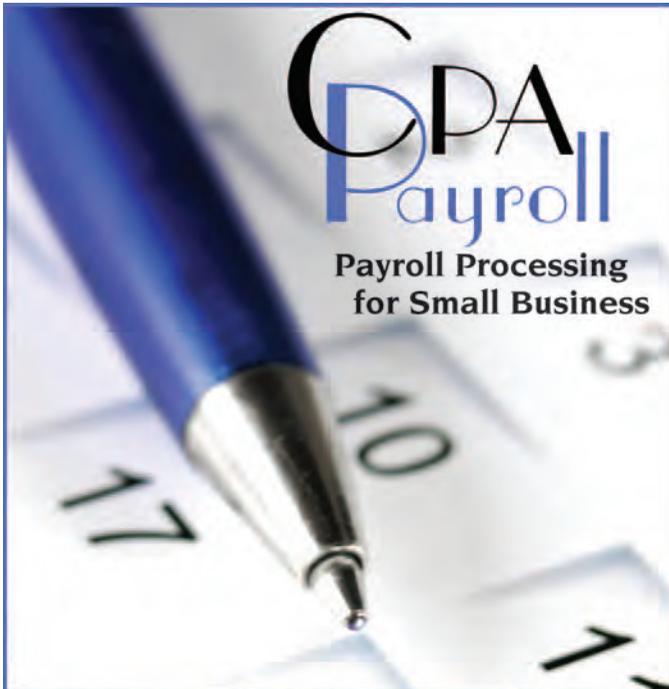
You have multiple credit scores. The success of Web sites offering free credit scores, and those sites' popular television ad campaigns, opened many consumers' eyes to the reality that they have multiple credit scores. That's because each of the three credit bureaus has its own way of determining an individual's credit score. Experian, Equifax and TransUnion each has their own proprietary scoring model. As a result, consumers typically have three credit scores. Though these scores are often within a few points of one another, that's not always the case. Adults planning to apply for loans should find out all three of their scores before beginning the loan application process. If one score is considerably lower than the other two, examine each of the three reports thoroughly to



determine if there are any discrepancies. Even credit reporting agencies make errors, but those mistakes can prove quite costly to less careful consumers.

Your score is constantly changing. Just because you have a great credit score today does not mean that score will be just as stellar tomorrow. That's because credit scores are constantly in flux. When determining your credit score, credit bureaus consider a host of factors, including what's known as a credit-utilization ratio. This compares the amount of debt an individual is carrying to his or her total available credit. If your credit score last month was excellent but you have spent much of the past month piling up charges, then that score has probably lowered, even if you haven't missed a payment. A low credit-utilization ratio is ideal, so piling up charges will hurt your score unless you are immediately paying those charges off. Carrying balances and/or missing payments can quickly turn a great score into one that raises a red flag with prospective lenders.

Credit scores sometimes benefit from debt. Many consumers are aware there's such a thing as good debt and bad debt. Credit card debt is typically considered bad debt, as credit cards often charge much higher interest rates than lending institutions that give consumers chances to build good debt. Installment loans, which include mortgages and auto loans, give consumers the opportunity to demonstrate they can make steady payments over a prolonged period of time, and each timely payment can boost a consumer's credit score. However, men and women should be aware that missing installment loan payments can have a very detrimental impact on their credit scores.



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Holiday **SAFETY TIPS**



The holiday season is upon us and with it the importance of assuring our children's safety. The U.S. Consumer Product Safety Commission (CPSC) is an organization charged with the year-long responsibility of making sure that toys are as safe as possible. Due to the efforts of CPSC, toy related injuries and deaths have decreased dramatically over the last 40 years. CPSC reports that in 2010 there were 17 toy related DEATHS among children less than 15 years old with most related to choking or asphyxiation. In 2009 the majority of deaths were related to riding toys.

-AGE APPROPRIATE: Choose toys that suit the age, abilities, skills, and interest level of the child. Regulations specify that toys for children less than 3 cannot have parts that are less than 1 1/4 inches in diameter and 2 1/4 inches long. Smaller parts pose a choking hazard to small children.

Read the labels closely.

-SECURELY CONSTRUCTED: Make sure eyes, noses, and small parts are secured to toys well if intended for children who put objects in their mouths.

- SAFETY EQUIPEMENT: Ride on toys should **ONLY** be given when age appropriate and should **ALWAYS** include appropriate safety gear including **HELMETS** sized to fit child.

-BUTTON BATTERIES: Ingestion of a battery could lead to serious injury and even an intestinal hole within a few hours. Button batteries are found in musical greeting cards, remote controls, watches, flashlights, hearing aids, and other small electronics. If your child swallows a button battery, take them to the emergency department **IMMEDIATELY**.

-SHARP ITEMS: Children under 8 should not be gifted toys with sharp edges or points.

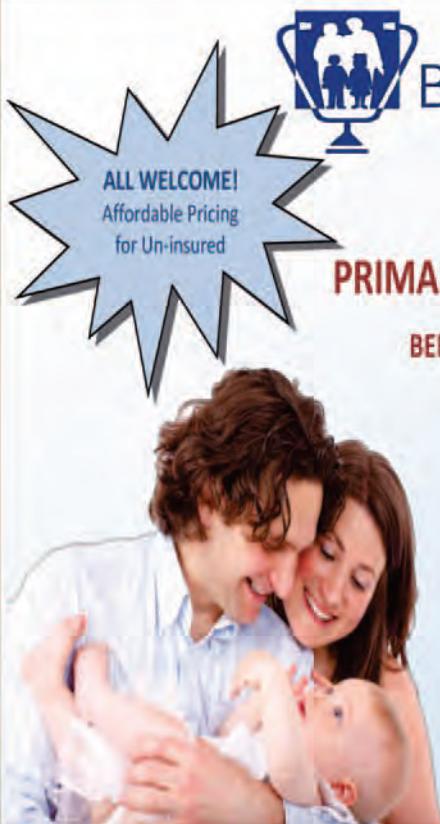
-HEATING ELEMENTS: Electric toys with heating elements should not be given to children under 8.

-PROJECTILE TOYS: These can cause serious eye injuries if used improperly. Toys such as rockets, darts, and sling shots should only be given to older children.

-INSPECTION: Inspect all toys before allowing children to play with them. If items are deemed inappropriate for age, have loose parts, or require further safety gear, the toy should **NOT** be given to the child.

-RECALLS: Watch toy recall lists which are available at www.cpsc.gov/.

-CLEAN-UP: **IMMEDIATELY** clean up wrapping paper and ribbons which could be strangulation and/or asphyxiation risks. Promptly clean up party food, alcohol, and tobacco products so that small children don't accidentally ingest these leftovers.



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Times are difficult for many in this country. Joblessness, homelessness, cost of living and rampant immorality all eat away at a person's soul. There are Christians persecuted for their faith, even here, in the "land of the free." And yet, we have much to be thankful for. This is a good time for those of us who have jobs and homes to lend a hand to those in need, sharing the many blessings that God has given us.

It is hard to believe that half a world away, in China, there are many Christians who live lives of extreme hardship and danger because of their faith. They suffer starvation, dehydration, forced abortion and sterilization, beatings, torture and imprisonment without trial. This is the norm in a nation whose citizens live in spiritual darkness, without the light of Christ. In contrast,

Chinese Christians take great joy in the Lord, committing themselves to Him, and to spreading the gospel message regardless of the danger. They are a people who experience triumph and tragedy on a daily basis. Miracles are a normal part of their lives.

In persecuted countries, it is a matter of the separation of sheep from goats; wheat from tares. Christians must have extraordinary faith to survive, let alone thrive. One cannot be the sort of Christian who claims the name, but lives in the same way as do unbelievers; such ones will not tolerate persecution. Their roots do not go deep. Persecuted Christians abandon themselves to God, and their overcoming is a testimony of the power of Christ in their lives. They are true servants who seek only the glory of God. And, paradoxically,

to join the Chinese government-controlled Christian organization, instead spreading the Biblical gospel message. Thrown into prison for many years because of this, he continued his ministry there, bringing fellow prisoners and even some prison officials to Christ. Targeted by other officials, he became malnourished, but still took a total fast from both food and water for 74 days.

Finally, Yun heard the voice of the Holy Spirit, who told him to get up and walk out of the heavily-guarded Zhengzhou Maximum Security Prison. He later wrote that he obeyed, and simply walked right through several prison doors that were somehow left open, across the prison yard and out the gate. He stated that the guards stared right at him, but it was as if he had somehow become invisible. The Chinese government investigated, firing some of the prison guards, but yet admitting that "Yun received no human help in his escape." To this day, he is the only person to escape from this infamous prison.

Consider the story of Brother Yun (Liu Zhenying.) Yun has lived an extraordinary life, filled with deliverance and miracles, but also poverty and affliction. His life story reads like the post-Damascus Apostle Paul's. He was imprisoned and tortured for refusing

What a rare treasure are the freedoms we have in this country; ones we shouldn't take for granted, but regularly do. We can attend church and carry Bibles openly. We are free to speak of the Lord publically. Our liberties are a precious jewel, and we ought to give thanksgiving to God for what He has given us. **"Give praise to the Lord, proclaim his name; make known among the nations what he has done." (1 Chronicles 16:8)**

Evening of Grace & Splendor
 Live/Silent Auction
 Annual Benefit for Calvary Chapel Academy

November 15, 2013
 5:30 - 10pm
registration & pre-view at 5:30

CALVARY
 Chapel Academy ccamelb.com/auction

Do You Love Christmas Lights?



Members of Troop 37 of Malabar setting up lights for Space Coast Lightfest during October.

Would you like to support your local Boy Scout Troops and Packs? If so, please attend Space Coast Lightfest this Christmas season.

Space Coast Lightfest will be held at Wickham Park every evening from 6:30 pm to 10 pm, from Monday, November 18 to Tuesday, December 31, 2013. The Space Coast Lightfest is a holiday themed drive-through event featuring millions of shimmering lights and dazzling animated displays.

The fee is \$10 per car, Mondays through Thursdays, and \$15 per car on the weekends. Your donations will help our boys from Boy Scouts of America's Riverside District go to summer camp next summer and are very much appreciated.

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BEING THANKFUL FOR ALL WE HAVE

SPOTLIGHT ON LIFE COACHING

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

Thanksgiving is suppose to be happy times with family and friends.

This Enjoying good food, great conversations, and being thankful for all we have.

Many people are having hard times. Do to losing a job, death in a family, illness, money problems, and the loss of hope. Some people at this time "loss" their happiness and don't know how to get it back.

If you are feeling this way it is time to take action!

1. Stop, look and see what you DO HAVE IN YOUR LIFE to be thankful for.

"Happiness is not something readymade. It comes from your own actions." —Dalai Lama

2. Do an act of KINDNESS for someone who is less fortunate then you. It will help you to feel better.

3. Make a list of what you want that will bring you happiness.

- a. Visualize it.
- b. Make a plan on how you can attain what you want.
- c. Thank God for it.

It may take you time to get what you want, but now you are on your way to happiness.

Happiness is only a state of mine. Turn your negatives into positives thoughts and actions and see if happiness doesn't show up. Remember **ONLY YOU CAN DO THIS.**

If you are having trouble finding your "happiness" coaching can guide you on your way. For more information call CBE Coaching - Cecelia Danas at 321-794-7550.

Wishing you all a Happy Thanksgiving.

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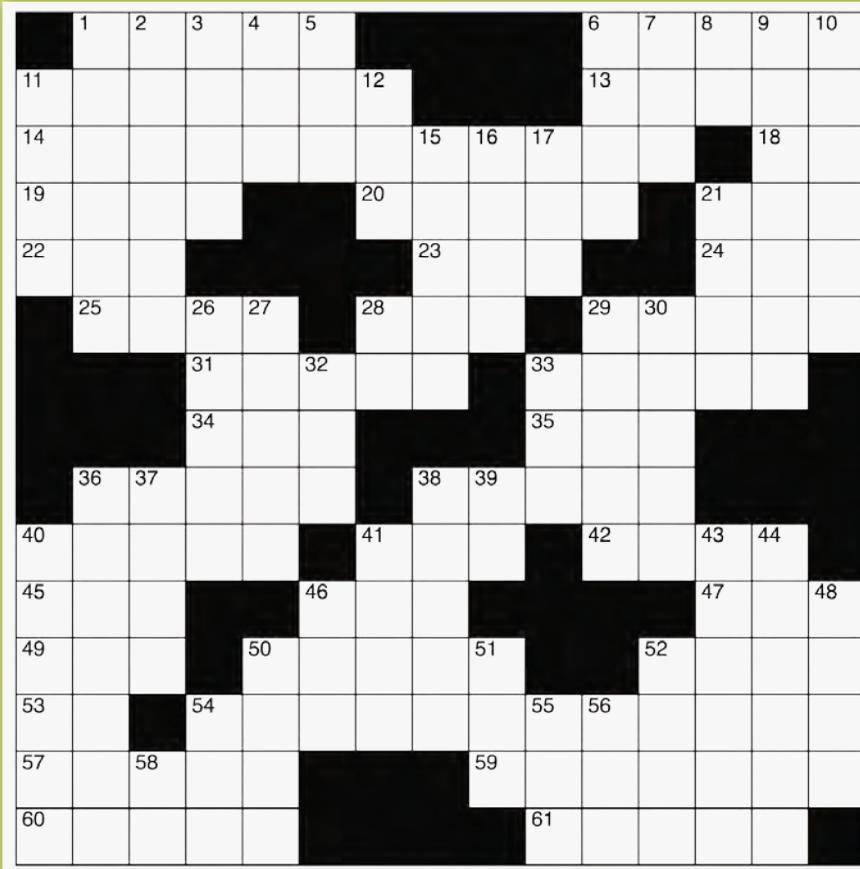
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Spotlight Crossword Puzzle



clues ACROSS

1. Regions
6. Abu __, UAE capital
11. Forever
13. Lower position
14. Masterpiece series
18. Atomic #18
19. Cuckoos
20. Goat with conical horns
21. European money
22. Flaw the surface
23. Restaurant bill
24. Indicated horsepower (abbr.)
25. Go in advance
28. Ancient Egyptian King
29. Insert mark
31. Palm fruits
33. Peels a fruit's skin
34. Many not ands
35. Cathode-ray oscilloscope
36. Bo __, "10"
38. Satisfies to excess
40. More dry
41. Of he
42. Lay a tax upon
45. Ed Murrow's home
46. Newsman Rather
47. Swiss mountain
49. Till
50. Potato, tossed or green
52. Italian automaker
53. Birthplace of Abraham
54. Scheduled visits
57. Yemen capital (alt. sp.)
59. Assisted
60. Persian kings
61. Accumulate

clues DOWN

1. Unkeyed
2. Recable
3. Sea eagles
4. Small social insect
5. __ Paulo, city
6. 2 man fight
7. Honey (abbr.)
8. Anno Domini
9. Malibu and Waikiki
10. To burst in
11. Mild yellow Dutch cheese
12. Liquefied natural gas
15. Douroucoulis
16. Spoiled child
17. Founder of Babism
21. Ireland
26. Love intensely
27. One who confronts boldly
28. Atomic #52
29. Feels concern or interest
30. Got up from
32. Sound of disappointment
33. Out of 100 (abbr.)
36. Actress Kerr
37. Irish Gaelic
38. 10 Commandments mountain
39. Morning
40. Straight downhill ski run
41. Angel's crown
43. Canonized individuals
44. Old school tablets
46. Dip lightly into water
48. Traumatic anxiety disorder
50. Mineral spring resorts
51. Desoxyribonucleic acid
52. Greek cheese
54. Express pleasure
55. Don't know when yet
56. 13th Hebrew letter
58. Chinese tennis star Li

BASKETBALL TOURNAMENT

registration for the
**Melbourne PAL
2014 Season**

Saturday, December, 7th
12:00pm to 4:00pm

TOURNAMENTS

4 on 4 Basketball

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HEALTH FIRST NOW OFFERS Online Check-In Option

Emergency Room and Urgent Care Patients can now Visit HFNow.org to get estimated treatment time.

Health First patients can now use their computers or mobile devices to check-in online for an estimated treatment time at all Health First hospital emergency room and urgent care locations. HFNow.org, powered by InQuicker, is an online waiting service that allows patients to wait in the comfort of their own home instead of the waiting room.

Health First is pleased to offer this new service to patients with non-life threatening or debilitating medical conditions. "HFNow.org is a free, simple and convenient way for people with busy lives and families to conveniently access care for minor medical needs," said Health First Holmes Regional Medical Center President Sean Gregory. "This service provides patients with a time estimate based on how busy

facilities are at that time."

Users do not skip the wait or get seen ahead of other patients—but they are able to get an estimated treatment time. "Health First is committed to continuing to deliver the highest standard of services and care to the members of our community," said Health First Executive Vice President and Chief Strategy & Growth Officer Drew Rector. "This innovative online service is another tool we are using to ensure our Health Plan members and patients receive the right care, at the right place and at the right time."

If you're in doubt about the severity of your care, you should always seek immediate medical attention. This new system is designed to filter certain keywords that may indicate a life-threatening or debilitating medical condition.

HFNow.org can be used at the following Health First hospitals and urgent care facilities:

Health First Cape Canaveral Hospital – 701 W. Cocoa Beach Causeway in Cocoa Beach

Health First Holmes Regional Medical Center – 1350 Hickory St. in Melbourne

Health First Palm Bay Hospital – 1425 Malabar Rd. NE in Palm Bay

Health First Viera Hospital – 8731 N. Wickham Rd. in Viera

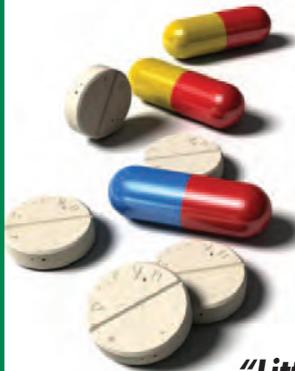
Health First Now Urgent Care – 105 S. Banana River Blvd. in Cocoa Beach

Health First Now Urgent Care – 730 Malabar Rd. in Malabar

Health First Now Urgent Care – 1223 Gateway Dr. in Melbourne

Health First Now Urgent Care – 1220 Highway A1A in Indialantic

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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
Bernard Walton of Melbourne

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

Advertiser	Page #
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7. _____	_____

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