

COMPLIMENTARY
January 2019

spotlight

MAGAZINE

Keeping You in the Light

SpotlightBrevard.com



**BREVARD'S LARGEST
BRIDAL SHOW
January 20th
pg12-13**

*Brides
AND
Blooms*

A
Sophisticated
Bridal Showcase

pg3» Spotlight BUSINESS OF THE MONTH IS

INTEGRITY
Medical Hearing



Westminster
Communities
of Florida

Welcome to Westminster Asbury!
Touching Lives Through Service Since 1954

Westminster Asbury South, 1430 Dixon Blvd. | Westminster Asbury East, 1420 Dixon Blvd | Westminster Asbury North, 1200 Clearlake Rd.



Our rental retirement community is located in a serene, park-like setting close to the ocean as well as shopping, medical services, churches and Eastern Florida State College. We provide efficiencies and one bedroom apartments to low-income older adults. We have ample parking and are on city buslines. An active resident council keeps you as busy as you want to be!



Schedule a personal tour today!

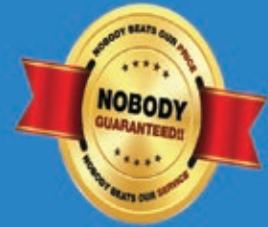
(321) 632-4943

TTD # (800) 545-1833 ext.#922

This community is sponsored by Westminster Communities of Florida... a family of not-for-profit organizations, working together in a common bond of ministry. Each organization is wholly responsible for its own financial and contractual obligations.



Don't ever pay too much for hearing aids again!



Service All Major Manufacturers



ReSound

PHONAK
life is on

oticon
PEOPLE FIRST

SIEMENS

Over 15 years of Experience

FREE In-Office Repairs



FREE HEARING AIDS
for Qualifying Federal Workers,
Blue Cross/Blue Shield,
and Empire Insurance!

Call **TODAY** so you can hear **CLEARER NOW!**

Expires 01.31.19



Let our Family help your family

(INTEGRITY)
Medical Hearing

Come in for your:
FREE Hearing Evaluation
FREE Earway Exam
FREE 30-Day Trial
Robert Lawless H.A.S.,
Michael Lawless H.A.S.,
Colton Lawless P.E.T.

Select Hearing Aids...
.....was **\$1495**

NOW
\$495

***40 DB Loss ONLY
****Limit one per customer

Present this coupon for an additional
\$500 OFF
our best price
Limit one per customer

Call this number today to schedule
an appointment! **(321) 327-5922**

INTEGRITY MEDICAL HEARING

Melbourne - 306 E. New Haven Ave., Melbourne, FL 32901



Spotlight **BUSINESS OF THE MONTH**



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

With each New Year that comes our way, we learn even more that the choices we make today will determine the path that lies ahead.

Happy 2019 everyone!

Oh my, how time flies! Depending on when you are reading my notes this month, we may already be half-way through January. As the publisher of Spotlight Magazine, I am always working ahead on up-coming issues. This often makes it seem like my weeks are passing by much more quickly than they do for most people. By no means am I complaining; I really enjoy my profession, mostly because of all the interesting and inspiring people I cross paths with daily. It amazes me how many times people come up to me and comment about their appreciation for Spotlight and what we are bringing to our community. I am truly grateful for the support and encouragement of all our readers. Thank you!

At the beginning of this month's notes, I mentioned "choices". All of us, young and not-so-young, will make many choices throughout each day. Hopefully, most of these will be good ones. But truth be told, not all our choices will be the right ones. It is important to remember that how we react to our own choices or the choices of others will indeed determine our way.

May God bless you, and keep you well!

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

Keeping You in the Light

spotlight
Keeping You in the Light **MAGAZINE**
SOUTH BREVARD

A MONTHLY PUBLICATION
January 2019 | Volume 22 | Issue 01

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

Publisher / Editor
Bryan McDonough

Art Director
Rena K. Seibert
renadesigns.com

Ad Design
Connor Shamet

Contributing Writers
Jim Campbell, Dr. Deanna Carlisle,
Bill Ford, Dr. Kevin Kilday,
Bruce Marion, Kim Shivialer

Marketing Director/Sales
Bryan McDonough
Janice Fox

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

MELBOURNE regional
CHAMBER of Commerce



Copyright ©2002 by Spotlight Magazine, Inc.

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

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



HOW TO **9**
OVERCOME A LACK
OF MOTIVATION

11 How to Improve Circulation

BRIDES & BLOOMS **12**

22 Things People Should
Know about Creating Wills

TIPS FOR INTERACTING WITH **29**
PEOPLE WITH DISABILITIES



33 Create a Fire Safety Plan



35 ADOPTING A DOG
OR CAT LATER IN LIFE

ON THE COVER

Brides & Blooms, The Largest Bridal Show Event, pg12-13
photo: Victoria Machin Photography, www.VictoriaMachiniPhotography.com



ORGANIC - NATURAL - SUSTAINABLE - LOCAL



**MARCH 10TH
2019**

NATURES MARKET HEALTH FOODS PRESENTS

**LIVING
NATURAL
EXPO**

WWW.LIVINGNATURALBREVARD.COM

MELBOURNE AUDITORIUM

MARCH 10TH FROM 11AM TO 5PM

NATURAL HEALTH PRACTITIONERS - HEALTHY FOOD

LOCAL NATURAL HEALTH VENDORS - AUTHORS & LECTURES

WORKSHOPS - FITNESS - MICRO FARMING - DISPLAYS

TESTING - FREE SAMPLES - DISPLAYS AND MUCH MORE..

EVERYTHING TO LIVE YOUR BEST NATURAL LIFE



WHAT CAN I REALLY ACCOMPLISH

Jim Campbell, Pastor, Bay West Church of Palm Bay

Everyone is joining gyms right now because they are turning over a new leaf. January is the time where a lot of people (12% of new members) sign up for a gym membership, and studies show that most of those people have quit going by June...and some would have quit earlier if they weren't in a 6-month contract. In fact, some statistics suggest that 80% of the people who own gym memberships don't actually go to the gym. Why is that?

I heard this statement the other day. "We tend to overestimate what we can do in the short term, and we underestimate what we can do in the long term." When you think about it, that's very true. I want to lose 50 pounds so I jump into some super fast weight loss gimmick to lose it faster than humanly possible. After doing this ridiculous over-the-top diet and exercise routine for a week...I quit because I can't keep it up. In other words, I overestimated what I could do in the short term. I can't lose 50 pounds healthily in a short amount of time...that's crazy.

But we also tend to underestimate what we can do in the long term. The truth is that if I lose one pound a week, in a year, I would have lost 52 pounds. That's certainly doable, right? It's just one pound! It takes less effort but exerted over a longer time. We underestimate what we can do in the short term.

Solomon tells us in Proverbs 6 to learn from the ant. They work now to have food later. In a microwave, instant gratification world, it's hard to wait, but it's important.

That's the message of the tortoise and the hare, right? The methodically paced tortoise beats the erratic, but much faster hare because the hare ran in bursts while the tortoise simply kept on going.

I love this verse in Proverbs 21..."The plans of the diligent lead surely to abundance, but everyone who is hasty



comes to poverty" This year, don't set a giant goal you can't accomplish...set a goal that you can maintain, and see where it takes you. Exercise your patience and your stamina more than your speed, and see the journey that God can take you on, not only in your physical life but also in your character, your attitude or wherever.

In the end, you might find, instead of underachieving on short-term fantasies, you might be overachieving by reaching long-term milestones faster, and being inspired to do more than you ever thought possible.

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



Digital Cinemas • Luxury For Less • Stadium Seating

\$4
Mornings

\$5
Tuesdays

Your
HOMETOWN theater
in the beautiful
OAKS PLAZA
1800 W. Hibiscus Blvd.
Melbourne, FL 32901

   Oaks10.com (321) 953-3200

Southeast CUSTOM RAIN GUTTERS

**"Specializing in Quality Work
and Customer Service"**

- 6 inch Seamless Gutters
- 26 Different Colors of Aluminum
- Residential & Commercial
- Gutter Guard Leaf Protection
- Soffit & Fascia
- Gutter Repair
- Cleaning
- Copper Gutters



321-557-5923

Email: SouthEastRainGutters@yahoo.com

FREE ESTIMATES • LICENSED & INSURED

JOSEPH STEVENS & SON PAINTING *and so much more!*

Liability - Bonded - Compilation



Exterior

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

Interior

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

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

FREE Estimates 984-8091

All Guaranteed Work Since 1972

Licensed & Insured

How to Overcome A LACK OF MOTIVATION

Lack of motivation can affect anyone in any aspect of their lives. Days at the office when motivation is difficult to muster can adversely affect productivity, while lack of motivation at home can have a negative impact on individuals and their families.

Periodic lack of motivation might not be too problematic so long as it does not extend past a single day. But people might find themselves in a rut that's tough to get out of if their lack of motivation extends for several days or longer.

In such instances, individuals can try the following strategies to get themselves back on track.

Write down some short- and long-term goals. Motivation might be wane when individuals feel as though they have little direction in life. Jotting down some short- and long-term goals can be just the kick in the pants people need to get back in the swing of things.

Start planning. Simply jotting down your goals likely won't be enough to inspire action. Once you have determined

your immediate and long-term goals, start developing a plan to achieve them. A successful first step may provide all the motivation you need to keep going forward.



Share your goals. Sharing your goals with loved ones can be a great way to get and stay motivated. If your goals are complicated, loved ones can serve as the support system you need to keep going if or when you hit a bump in the road. And once you've shared your goals, you may be motivated to keep pursuing them so you can make your loved ones proud.

Celebrate small successes. Short-term goals often pave the way toward achieving your long-term goals. For example, you can't lose 20 pounds until you have lost five. Celebrate the benchmarks that are integral to achieving your long-term goals. Don't discount your efforts by focusing on how small some successes may be. Each small success will ultimately be part of a larger success, and that's worth celebrating.

Overcoming a lack of motivation may require some reassessment of your goals and a recommitment to improving your life.

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

Happy New Year!

SERVICE CALLS ONLY 59.95
expires 1-31-19 Reg. 79.95

A/C DUCT CLEANING ONLY \$35 PER VENT
(NORMALLY \$45)

DRYER VENT CLEANING \$90
(NORMALLY \$120) expires 1-31-19

Family owned and operated in Brevard since 1984!
321-725-8758
www.a-best-air.com
5020 Minton Rd, Palm Bay, FL 32907

SERVICE IS OUR BUSINESS

ASK US ABOUT OUR HASSLE FREE MAINTENANCE PLANS & FINANCING!

STATE CERTIFIED -- Lic. #CAC 1818814

THE GREATER PALM BAY CHAMBER OF COMMERCE
ACCREDITED BUSINESS
NFIIB THE VOICE OF SMALL BUSINESS



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



**The
ONE STOP
CAR SHOP
For ALL
Your
Maintenance
Needs!**



2 Year / 24,000 Mile Nation Wide Warranty

**FREE
TIRE ROTATION
WITH OIL CHANGE**

Can Not be Combined with Other Coupons
expires 1-31-19

\$50 OFF

**WITH ANY REPAIRS
OVER \$250**

Can Not be Combined with Other Coupons
expires 1-31-19

40 YEARS FACTORY TRAINED



PONTIAC



Oldsmobile



Cadillac



CHEVROLET

GMC



**39 NW Irwin Ave
West Melbourne 32904**

321-726-0636

(off 192... 1 block west of Dairy Rd.
behind Wall Street Pub)

MV44524

★ **HOME OF THE FREE LOANER CARS & 3 YEARS / 36,000 MILE WARRANTY** ★

www.RichsAutoTech.com

**Monday - Friday
7am - 6pm**

Family Owned & Operated



Google



ALL CREDIT CARDS





Paying Too Much for Your Meds?

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

WE SAVE YOU MONEY!
Up to 75% OFF

• **Offering Home Delivery Service** •



**CanadianMeds
of Melbourne**

"Little" Joe Ponds

sales@canadianmeds-melbourne.com

321-574-6976

2145 Sarno Rd, Suite A, Melbourne, FL 32935
www.veteranownedbusiness.com/business/13933/canadian-meds-of-melbourne



How to Improve CIRCULATION

The human body is a complex, efficient machine. Holiday One highly important component of that machine is the circulatory system, which sends blood, oxygen and nutrients throughout the body.



In perfectly healthy bodies, blood, oxygen and nutrients circulate throughout the body without issue. However, several conditions, including obesity and diabetes, can contribute to poor circulation, which is not a standalone condition but rather a byproduct of another serious health issue.

According to the health information site Healthline, when the circulatory system is not working at optimal capacity, people may experience tingling, numbness and throbbing or stinging pain in the limbs. Pain and muscle cramps also may result from poor circulation, the symptoms of which vary depending on the causes. For example, someone whose circulation issues are a result of peripheral artery disease may experience different symptoms than someone whose circulation has been compromised by diabetes.

Because issues affecting the circulatory system are complex, it's important for men and women to learn how to address such issues if they suspect their systems have been compromised.

Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to address the issue on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing their poor circulation.

If necessary, lose weight and keep it off. Obesity is one of the conditions that can contribute to poor circulation. So many people who are diagnosed with poor circulation may be advised to lose weight and keep the weight off once it's been lost. A 2009 study published in the International Journal of Cardiology found that losing weight helped obese women improve their circulation. A healthy diet that includes fish like salmon that is high in omega-3 fatty acids, which have been shown to improve circulation, can help people lose weight and maintain healthy weights going forward.

Consider yoga. A 2014 review of an assortment of peer-reviewed studies found that yoga can have a positive impact on risk factors for cardiovascular disease. A low-impact exercise, yoga can compress and decompress veins, potentially improving circulation. It takes time to master yoga positions, but even beginners who cannot fully perform poses during a yoga regimen can benefit from doing the exercises to the best of their abilities.

St. Paul's

Religious & Gift Store

New Years
Special
**50%
OFF**
Selected
Items

expires 1-31-19

Bibles
Motivational Items
Inspirational Art
Praise Bags
Everyday/Seasonal Supplies
Hats & Shirts
Gifts for any Religion

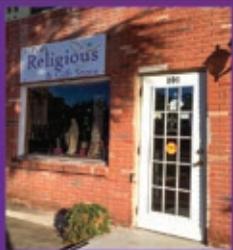
Historic Downtown Melbourne
(next to the Post Office)

620 E New Haven Ave

321-914-0835

M-Sat 10-4pm

Like
Us! 



The Largest Bridal Event of 2019

Brides AND Blooms

presented by *Sophisticated Gents*
ENTERTAINMENT & EVENT DESIGN

SUNDAY, JANUARY 20, 2019

1 PM - 4:30 PM MELBOURNE AUDITORIUM

The ONLY bridal show that features over 21,000 square feet of Everything Weddings

First 100 Brides Receive a Free Set of Wedding Bands, Courtesy of NutriHealth Tech

Live music & entertainment by Sophisticated Gents Entertainment/ DJs & the largest bridal fashion show on the Space Coast presented by Aurora Bridal

Special show-only deals and prize giveaways, including 2 Honeymoon Giveaways, a 4-day, 3-night, all-inclusive stay for 2 at Occidental Punta Cana and a 4-day, 3-night, all-inclusive stay for 2 at Now Larimar Punta Cana Resort, courtesy of All About Travel.

A 
Sophisticated
Bridal Showcase

Tickets

\$8 IN ADVANCE ONLINE

\$10 AT DOOR | \$25 VIP

PURCHASE TICKETS AND PRE-REGISTER ONLINE AT BREVARDBRIDALSHOW.COM

KISS 95.1

Lite Rock
99.3

Sophisticated Gents
ENTERTAINMENT & EVENT DESIGN

Occidental
Punta Cana



Aurora
BRIDAL
A SPACE COAST BRIDAL



forever
KEEPING IT CLOSE TO HOME

Brides AND Blooms

Brevard's Largest Bridal Show

SUNDAY, JANUARY 20, 2019
1 PM TO 4:30 PM
MELBOURNE AUDITORIUM

Don't Miss the Largest Bridal Event of 2019. Meet dozens of Brevard's most sought-after wedding experts as you stroll among aisle after aisle of decadent hors d'oeuvres, sumptuous wedding cakes, lush floral displays, impeccable table settings, elegant wedding venues, exotic honeymoon destinations, and every other resource imaginable to transform your wedding day into a once in a lifetime celebration. Register for prizes... Cash in on special show-only savings... Enjoy stunning live music and entertainment by Sophisticated Gents Entertainment/DJs as well as an extravagant bridal fashion show featuring over 50 bridal gowns presented by Aurora Bridal.

Pre-Registered Brides (only) will be entered to win a stay for 2 at Now Larimar Punta Cana, courtesy of All About Travel & AM Resorts. And one very lucky couple will win our Grand Prize- a 4-day, 3-night all-inclusive honeymoon getaway for 2 to Occidental Punta Cana Resort, courtesy of All About Travel and Barcelo Resorts! The first 100 brides will receive a Free Set of Wedding Bands, courtesy of NutriHealth Tech.

Brides and/or grooms-to-be can preregister and purchase tickets on BrevardBridalShow.com. Tickets are just \$8 in advance (online) and \$10 at the door. A limited number of VIP tickets are also available for \$25. VIP tickets include priority admission, an exclusive tote bag full of swag and reserved fashion show seating.

Showcase hours are from 1 pm to 4:30 pm at the Melbourne Auditorium. The Melbourne Auditorium is located at 625 E Hibiscus Blvd Melbourne, FL 32901. SHOP, PLAN, WED AT A SOPHISTICATED BRIDAL SHOWCASE



Business For Sale

A Fun Opportunity Awaits!

A Greater Melbourne area, winter season, annual advertising publication business. Fun and very popular publication with advertisers and users a like. Proven 13-year track record, 75% customer renewals, Forbes Top Ten rated Franchise under \$150,000; currently grosses \$68,000, extremely strong growth potential, owner is moving, \$105,000.

Contact us today for more info:
dmombs@gmail.com | 321-243-0449

www.discoverymap.com/melbourne-fl

RUTHANN HANSEN, CRS,GRI,e-Pro
BROKER ASSOC./NOTARY

Offices in Melbourne & Palm Bay
Serving Space Coast Brevard County FL

cell/txt: 321-749-3939
eFax: 866-339-4900
Ruthansen@aol.com

Special Incentives for VA & First Responders

www.FloridaSpaceCoastRealEstate.com

RE/MAX ELITE

CRS

YOUR REAL ESTATE RESOURCE
Each Office Independently Owned and Operated

METAL ROOF

SAME PRICE AS SHINGLES

Hippo Roofing LLC

321.557.9339

www.HippoRoof.com

1555 N. Harbor City Blvd. • Melbourne

ADVERTISING

SUPERHEROES WANTED

089SM

BRING IN THIS COUPON FOR AN EXTRA \$10 BONUS!

Biotest

New donors only. Not valid in conjunction with any other referral fees or bonuses.

We guarantee the best donor fees in our marketing area!

Biotest
From Nature for Life

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

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

Schedule an appointment at biotestplasma.com

Open 7 days a week! Biotest Plasma Center • 3110 Lake Washington Road, Melbourne, Florida 32934
(321) 255-7466

BiotestPlasmaCenterMelbourne

@BPCMelbourne

Did You Know?

Brief breaks during the work day can dramatically improve one's ability to focus on a task.

A 2017 study published in the journal Cognition found that brief mental breaks can improve focus on a prolonged task. The study's authors tested participants' ability to focus on a repetitive computerized task for 50 minutes under various conditions. The control group performed the task without breaks or diversions. The switch group and non-switch group memorized four digits before performing the task and were directed to respond if they saw one of the digits on the screen while performing the task. The switch group was the only group to be presented with the digits twice during the experiment, and both groups were tested on their memory of the digits at the end of the task. Most participants' performance declined considerably over the course of the 50-minute task. However, the performance of those in the switch group did not decline at all, as the two brief breaks to respond to the digits allowed them to maintain their focus throughout the experiment. The researchers behind the study concluded that the switch group's performance was steady because the brain is built to detect and respond to change, and its performance will actually suffer if it must maintain prolonged attention on a single task without taking a break. Professionals with a lot on their plates may see their performance improve by taking frequent mental breaks throughout the workday.

Hair & Us



Shady Oaks Plaza
in Palm Bay

Shampoo Cut & Style

\$25
ONLY
with Hedi (expires 1-31-19)

WANTED
Hair Dresser

Chair Space
Available

321-369-9902

Shady Oaks Plaza
6050 Babcock St SE
Unit #7 • Palm Bay



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

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

727-3412

FAX (321) 727-3526



Candy Graham's

ACCOUNTING & TAX SERVICES



Serving a Diversity of Corporations and Individuals
for All Accounting and Tax Needs for Over 21 Years

EXTREMELY KNOWLEDGEABLE IN VARIOUS ASPECTS OF ACCOUNTING & TAXES:

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

**New 2018
Tax Cuts &
Job Act!**
Call for details.

\$25.00 OFF
Any Service
when mentioning this ad.

www.candygrahamaccountingtax.com

Prestigious NAEA - National Tax Practice Institute™ Fellows.

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

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



Melbourne Police Foundation

Contact us at 321-213-7196 | melbournepolicefoundation.org | Like us on Facebook!
Nadine Smith | P.O. Box 1444, Melbourne, FL 32902-1444

MELBOURNE POLICE FOUNDATION 2019 EVENTS

Happy New Year! The Melbourne Police Foundation is planning two fundraisers for 2019, the fourth annual Cops & Robbers 5K Race, for runners and walkers, and the inaugural Respect Ride for motorcycle riders.

The Cops & Robbers 5K will be held on Wednesday, May 15th at 6 PM at the Melbourne Police Department. This is a fun, family-friendly event and both runners and walkers are welcome to participate. Runners can sign up to be "cops" or "robbers" by choosing the color of their race shirt. "Cops" receive a blue shirt, and "robbers" receive an orange shirt. The "robbers" are given a one minute head start, so the "cops" are chasing the robbers. The



top three winners in each age group receive medals. After the race, there are refreshments, great photo opportunities, static displays by the Melbourne Police Department K-9 Unit, SWAT Team and the Dive Team, and a demonstration by the K-9 Unit. To register for the Cops & Robbers 5K, go to www.runningzone.com.

The Respect Ride will be held on Thank A Police Officer Day, which is Saturday, September 21, 2019. The ride will begin at the American Police Hall of Fame and Museum in Titusville and will end at Space Coast Harley Davidson in Palm Bay. We will be looking for motorcycle riders to participate in the event. Details for this event are still being planned, and more information will be available soon.

Volunteers are always welcome to help with our events! You do not have to be a Melbourne Police Foundation member to volunteer. If you would like to help out with the Cops & Robbers 5K or the Respect Ride, please contact Nadine Smith at 321-213-7196.

The Melbourne Police Foundation, a 501(c)3 non-profit organization, is dedicated to strengthening the services and programs of the Melbourne Police Department.

ASAP
Pest Solutions Inc. ★
Property Inspections Inc. ★

CALL TODAY FOR
FREE
Home Analysis

CUSTOMIZED SERVICES FOR HOME OR BUSINESS

- ★ Pest Control
- ★ Termite Control
- ★ Lawn Control
- ★ Rodent Control
- ★ Green Options

Fabulous Spotlight Deals
\$35 OFF
Any New Annual Package and \$15 Off Any One-Time Service

WOMEN OWNED
Shelley Kuhn &
Debbie Lloyd-Lee
CPCO & FL Home Inspector

321.557.2100 or 855.904.ASAP (2727)
Shelley@ASAPPestSolutions.com | ASAPPestSolutions.com



SEVEN NEW YEAR'S RESOLUTIONS FOR A HEALTHY SPINE

Dr. Deanna Carlisle, Carlisle Chiropractic Center

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

Get at least 30 minutes of daily exercise. Many of the benefits of regular exercise can be experienced with as little as 30 minutes of physical activity a day. Not only will you decrease your risk of obesity and diabetes, you'll also experience a reduction in back pain, migraine, and other neuro-musculoskeletal symptoms.

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

Laugh more often. Laughter doesn't just relieve mental stress; it also fires off a cascade of physical reactions that benefit



your health. Studies show that laughing can stimulate the heart, muscles, and lungs— not to mention the flurry of endorphins that are released after a good giggling session.

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

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

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

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

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



**Carlisle Chiropractic Center
Dr. Deanna Carlisle**

**HEALTH CERTIFICATE
Complimentary
Chiropractic Examination
(a \$75 Value)**

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

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

The patient and any other person responsible for payment has the right to refuse pay, cancel payment or be reimbursed for payment for any other services. Examination or treatment which is performed as a result of and within 22 hours of responding to the advertisement for the free discounted fee, or reduced fee service examination or treatment, stays taken in this office only. Due to federal law some Medicare or Medicaid recipients may not be eligible for this.



February 2nd and 3rd, 2019

Show Hours

Saturday 10 -5

Sunday 10 -4

Kiwanis Island Recreation Center

951 Kiwanis Island Park

Merritt Island, FL 32952

**Hourly Door Prizes, Silent Auction, children's activities,
demonstrations, mini classes and Grand Prize Drawing**

Admission: \$5.00 (\$1.00 off with ad or website coupon.) Children under 12 free
when accompanied by adult.

Sponsored by:

Central Brevard Rock & Gem Club

www.centralbrevardgems.org

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

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



Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less



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

All work comes with a two year

warranty AND your satisfaction is guaranteed. If you do not like the results, there is no charge. An EZ Brite Lights headlight restoration usually lasts three to five years. And remember, we come to you. No drop off or pick up hassle. The work can be done at you home, office, whatever is a convenient location for you. Call EZ Brite Lights today for an appointment.

EZ BRITE LIGHTS

BEFORE **AFTER**

Your headlights have a hazy, yellow appearance!

I have the solution...

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

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

PLUS

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

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

Certificate of Excellence
— 2018 WINNER —



Mo-Bay Grill

MO-BAY GRILL

INTERNATIONAL CUISINE

RESTAURANT

HAPPY NEW YEAR

Serving the best Steaks,
Seafood & Chops

MO-BAY NO PROBLEM!

Best Saturday & Sunday Breakfast Around!

Specializing in:

HOME MADE MARYLAND STYLE CRAB CAKES

Chef Wesley Campbell from Maryland

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



JANUARY SPECIALS! Three Course Meal

1. Soup or Salad

2. One of Four:

- Chicken Parmesan with Angel Hair Lemon Butter Pasta
- Curry Chicken Breast with vegetables, rice & beans
- Butterfly Shrimp with Fries
- Bowtie Pasta & Meatballs with Scampi Sauce

3. Coconut Rice Pudding
Only \$12.99



RIVER			
Indian River Dr.	MO-BAY	Jefferson MEL FISHERS	Main St
N	US 1		S

1401 Indian River Dr Sebastian, FL 32958

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

MO-BAYGRILL.COM 772-589-4223



RESOLUTION SUCCESSES: YOU CAN LIVE A LONG HAPPY LIFE



Dr. Kevin Kilday, PhD, D.Psc., Holistic Health Center,
Specialities: Natural Therapies for Cancer, www.holistichealthcenter.us

The latest statistics state only 64 percent of us last longer than the first month and only 46 percent last longer than six months. Only 14 percent of people over 50 actually achieve their resolution compared to 39 percent of people in their 20's. Fear not because this year you can succeed. Make resolutions to stop overeating and start dieting, get qualified help for alcohol/drug/tobacco addictions and/or mental illnesses of depression and anxiety, stop procrastinating and start exercising, manage stress and start living better. Address these conditions and the successes result in a long happy life. Now the down and upside.

Overweight can result in high blood pressure, diabetes, heart disease, stroke, cancer, arthritis, breathing problems, sleep apnea, depression, anxiety, body pain and difficulty in functioning. Upside: Losing weight prevents, improves or reverses these diseases.

Addictions can result in all previous mentioned diseases with emphasis on liver disease, HIV, mental illness, overdoses, injurious or deadly accidents. Upside: Quitting (with qualified help) will prevent and/or improve all mentioned diseases plus reverse the disease of addictions.

Lack of exercise can result in any of the diseases listed under the overweight section. Upside: regular exercise helps with losing weight, prevents, improves or reverses all previous mentioned diseases.

Stress Physical effects include headaches, muscle tension or pain, chest pain, fatigue, change in sex drive, stomach upset, and sleep problems. Mental effects include anxiety, lack of focus, anger and depression. Behavioral effects include addictions, overeating, social withdrawal and exercising less. By all means stress can be the root cause of all the mentioned diseases. Upside: managing stress strategies include exercising, relaxation techniques, laughing, enjoyable hobbies, and socializing. Managing stress can prevent, improve or reverse these symptoms and underlying diseases.

Focus on the successes of losing weight, quitting addictions, exercising, managing stress including mental health and **you can live a long happy life.**

Dr. Kevin Kilday, PhD, D.Psc., Director of Holistic Health Center, Developer of the "Winning Against Cancer Program." Specialities - Nutrition, Pastoral Counseling, Alternative Cancer Solutions, Chronic Health Conditions. www.holistichealthcenter.us 321-549-0711

Big Studio Ideas Small Studio Prices

Logos
Business Cards
Flyers
Postcards
EDDM Mailers
& anything else
to promote
your business

DIGITAL Ink
DESIGN & PRINTING

Call today! (321) 723-8005
www.PrintDigitalInk.com

Mon-TH 9-4, Fri-9-12
Downtown Melbourne
720 E New Haven Ave

Creative Services for Small Business

Things People Should Know ABOUT CREATING WILLS

Drafting a last will and testament is an essential component of estate planning. Despite the importance of having a will, a recent survey from AARP found that two out of five Americans over the age of 45 do not have one.

Putting wishes down on paper helps avoid unnecessary work and sometimes heartache upon the death of a loved one. Wills allow heirs to act with the decedent's wishes in mind, and can ensure that assets and possessions will end up in the right hands.

Estate planning can be tricky, which is why many people turn to attorneys to get the job done right. Attorneys who specialize in estate planning will no doubt discuss the following topics with their clients.

Assets owned: Make a list of known assets and figure out which assets are covered by the will and which will have to be passed on according to other estate laws, such as through joint tenancy on a deed or a living trust. For example, life insurance policies or retirement plan proceeds will be distributed to your named beneficiaries. A will also can cover other assets, such as photographs, clothing, cars, and jewelry.

Guardianship: Parents' wills should include a declaration of who they want to become guardians their underage children or dependents.

Pets: Some people prefer to use their will to also dictate guardianship for their pets and to leave money or property to help care for those pets. However, pets do not have the legal capacity to own property, so one shouldn't gift money directly to pets in a will.

Funeral instructions: Settling probate will not happen until after the funeral. Therefore, funeral wishes in a will often go unnoticed, states the legal advisement resource Find Law.

Executor: An executor is a trusted person who will carry out the terms of the will. This person should be willing to serve and be capable of executing the will.

People who die without a valid will become intestate. This means the estate will be settled based on the laws of where that person lived, and a court-appointed administrator will serve in the capacity to transfer property. This administrator will be bound by laws and may make decisions that go against the decedent's wishes. To avoid this outcome, a will and other estate planning documents are crucial.



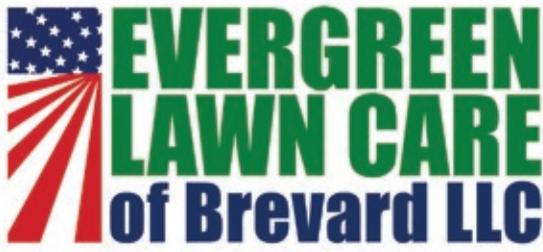

THE PLACE WHERE FLOWERS ARE HAND-CRAFTED, UNIQUELY DESIGNED AND AFFORDABLY PRICED.

1365-A Cypress Ave. Melbourne, 32935
(North West corner of US 1 & Eau Gallie Blvd., across from Starbucks)
•Monday-Friday 10am-6pm •Saturday 10am-2pm

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



Buds and Bows Floral Design.com



EVERGREEN LAWN CARE of Brevard LLC

Commercial · Residential
Fully Licensed and Insured

321-610-0862

Landscape Design
Lawn Maintenance
Real Estate Clean Ups
Tree Pruning

ACCREDITED BUSINESS
FREE ESTIMATES!



mike@evergreenfl.com



FORGET RESOLUTIONS— SET A PLAN AND STAY THE COURSE

Kim Shivler, M.Ed., Speaker, Communications Strategist
& Instructional Design Consultant



Welcome to 2019. The new year brings excitement and the promise of a fresh start. Whether it's business or personal goals, for many it also brings resolutions that are unfortunately frequently forgotten within the first two weeks of the year.

If you have a goal for 2019, whether it's in your business or personal life, create and follow a project plan and you have a much better chance to finding success instead of failure.

Set Your Goal

Your goal needs to include what you want to achieve and the time frame to achieve it. For example, I will lose 15 pounds by April 1 or my business will generate \$50,000 in revenue this year, or I will put \$1000 into my savings and/or retirement account by April 1.

Create a Plan to Achieve Your Goal

Many people write goals, but without a plan it's harder to achieve. A basic plan consists of two parts – understanding the goal numbers on a daily or weekly basis and configuring steps for execution.

Break It Down

When you break down the numbers into smaller amounts, you can see what progress you'll need to make to reach the goal.

If you want to lose 15 pounds between January 1 and



April 1 you must average a loss of 1.25 pounds a week or 5 pounds a month.

If you set a revenue goal of \$50,000 for the year, between January 1 and April 1 you need to make \$12,500 to be on track with your goal. That breaks down to \$4,166.67 per month or \$961.54 per week or \$136.99 per day

Set Steps for Execution

What will you do to achieve this? List the tasks you'll do to get to your goal. For weight loss this might include an eating plan and/or workout plan you'll follow. For business it should include the number of sales and/or services you will need to provide.

Execute the Plan

This is where many people fail to make a change and move forward to success. Goal setting and planning is important, but it doesn't matter at all if you don't execute. Execute your plan, daily.

Measure Your Results

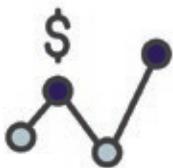
Track your results. Be honest about how well you are executing and track your numbers. You may not make the exact amount each day and week, but by tracking it you'll understand your progress.

Tweak and Repeat

Based on your success and failures, tweak your plan and repeat. Successfully achieving goals is a process not a single event.

By creating and executing a success plan around your goals, this year you have the best chance of achieving them instead of forgetting them before the end of January. For sample plans and more, visit KimShivler.com/2019Planl.

\$ How much are you losing?



Is your business...

- 1 Increasing sales?
- 2 Providing stellar service?
- 3 Solidifying successful teams?

If not, you could be losing \$\$\$\$

Get Back on Track at KimShivler.com

Kim Shivler, M.Ed. is a speaker, communications strategist, and instructional design consultant. She helps businesses increase sales, improve customer service, and build effective teams. Learn more about her programs at KimShivler.com.



Simple Idea, Successful Business

Mobile Power Window Repair

Some people might say that we actually invented the business of Mobile Power Window Repair. When we first began in 1994, no one was doing what we do, and no one knew exactly what we were about. In order to get our message out there, we came up with the idea to mount a car door on the roof of one of our repair vehicles! Now everyone could see what this new business was all about. Since then, the business has grown and changed quite a bit, and we've kept up, having repaired some 12,000 windows since we began operations.

How exactly did our business begin?

I owned a limousine business, and one day had a problem with one of my power windows. It was something I needed to take care of quickly, and since this was way before the days of Google, I looked up "Power Window Repair" in the yellow pages. To my surprise, there was no such listing, not even a topical heading! So I got my tool kit out and went to work, eventually making the repair myself.

Over the next 2 years, after fine-tuning my skills, and repairing windows not only for my own cars, but for friends and colleagues, I decided to give the business a go. Our first operation was called "Discount Power Window Repair." Using a 1982 Chevy Chevette as our first work vehicle was very humbling in the beginning as well. We also worked back then with a beeper, and I had to find a payphone whenever I got a call. All my tools were power driven off the electric grid, so it was tough going to say the least. Eventually, I bought my first battery-powered tool and a cell phone and Power Window Repair was off and running.

After much success in the next 4 years, I franchised the business and established "Express Power Window Repair" in 9 locations in 6 states and even one in the UK.

After 9/11, franchising became more difficult and we eventually allowed the other operations to work independently and we again were on our own.

Moving to Melbourne in 2007, we began operations here, and quickly grew on our past successes. There are actually copy cats out there now, so be sure you are dealing with the genuine article. Ask for a name, and if it isn't Mark Roehrig, (pronounced



Rowe-Rig) it's not "Mobile Power Window Repair." We service mainly American and Japanese vehicles, but do put up windows on some European cars. Our mobile area includes from Grant in the south to Rockledge in the north, although several satisfied customers have traveled to me from towns much further away than our service area.

To all our past customers, thank you so much for your support, and your continued references to new customer acquisitions. God bless, and Praise the one and only God, Jesus Christ our Lord, in 3 parts, Father, Son and Holy Spirit.

MOBILE POWER WINDOW REPAIR INC.

OWNER-OPERATOR:
MARK ROEHRIG

THE PROCESS IS SIMPLE

1ST CALL ME WITH YOUR MAKE, MODEL, AND YEAR, AND WE WILL ASK A FEW SIMPLE QUESTIONS, AND THEN GIVE YOU AN ACCURATE QUOTE.
2ND GIVE US YOUR ADDRESS AND WE SHOW UP, IT IS THAT SIMPLE

OVER 12K REPAIRS IN THE LAST 24 YEARS

CALL FOR A QUOTE NOW - PLEASE DO NOT TEXT ME, THE QUESTIONS I NEED TO ASK ARE COMPLETED BEST BY VOICE

CALL (321) 213-3002 TODAY



**NOW
OPEN**

Specializing in
small batch
balsamic vinegars
and small supply
chain olive oils for a
***freshness you
can taste.***

64
heart
healthy
varieties
and
flavors

**10%
OFF**
with mention
of this ad
expires 01-31-19

321.312.4035 | TheOliveTrader.com

3148 WEST NEW HAVEN AVE. | WEST MELBOURNE

(In the Lucky's Plaza)

Monday - Thursday 11am - 5pm

Friday - Saturday 11am - 6pm

Sunday 11am - 4pm



In **His** Name

NETWORKING GROUP

We are a Christian - Based Referral Group designed to help men and women in developing their business with Christ - like integrity.

BELOW IS A SAMPLE OF SOME CURRENT MEMBERS



SHERRY PALETA
CONSULTANT
Arbonne Independent Consultant
18292090

Pure, Safe, and Beneficial
Non GMO, Vegan, Dairy, Gluten, and Cruelty Free
This Coupon provides 20% off any purchase.

321-543-6495
sherrypaleta.arbonne.com



Jessica LaPlante
Insurance Agent

☎ 321.610.1841
☎ 321.576.7250
✉ jessica@bcains.net

HOME • AUTO • BOAT • GL

www.bcains.net
f /BcaInsuranceIncGroup
in /company/bca-insurance-group-inc

576 HWY A1A
Satellite Beach, FL 32937



Are you Suffering From:

Allergies	Fatigue
Anxiety	Flu
Arthritis	Fever
Colds	Headaches
Depression	Sore Throat
Digestive	Stress

Diane Zizzo
Wellness Advocate #445323
321-749-9893
mydoterra.com/dianedelpizzozizzo

FREE ½ Hour Aroma Touch Therapy
EXPIRES 11-30-18



GAIL GRIFFITHS
321-259-4919 Home 321-795-2191 Cell
gigitupperware@cfl.rr.com
www.gailgriffiths.com




Tammy Gibbs
Independent Associate
Employee Benefits, Small Business and CDLP Specialist
Melbourne, Florida
c: 321-537-7720
tammysgibbs@legalshieldassociate.com
www.ihelppeople.biz

"Worry Less, Live More"

WHAT WOULD AN ADDITIONAL **\$2,500 - \$5,000** A WEEK DO FOR YOUR RESTAURANT?



PIZZA MARKETING AGENCY
EFFECTIVE MARKETING • MEASURABLE RESULTS

CALL TODAY FOR YOUR **"LEADFLOW ACCELERATION SESSION"** WITH OUR EXPERT **ANTONIO CASTILLO** 321-212-7592

321-212-7592 | WWW.PIZZAMARKETINGAGENCY.COM



SEA TURTLE REALTY
321.723.1616

Bonnie DeCaro, Realtor
cell: 321-698-7334
email: realestateagentbonnie@earthlink.net

422 Fifth Ave Indialantic, FL 32903 | www.seaturtlerealty.com



ERIN B LONG
Financial Associate
321-872-4410
erin.long@thrivent.com

4961 Babcock Street, Suite 8
Palm Bay, FL 32905

Connecting faith & finances for good.™



Open meetings are every 2nd & 4th Tuesday of the month at 8am
For more information and location please call 321-961-3636



CONSIDERATIONS FOR SWITCHING FROM IPHONE TO ANDROID

Bill Ford, Data Doctors Computer Service

As the sophistication of smartphones improves, some of the previous gaps between the brands and platforms have narrowed.

Google's Ecosystem

Anyone that uses a lot of Google tools, such as Gmail, Drive, Calendar, or Suite, will notice a difference in how things work on an Android device vs. an iPhone. When I switched to Android some years ago, the subtle differences in how things worked when using Google tools made things more fluid and productive for me.

What's different about the Android world is that each smartphone manufacturer has its own modified version of Android to work with its hardware. Now that Google is building its own hardware, the tight integration Apple has always provided is now available to Android users.

Faster Updates

Since each manufacturer of Android smartphones has modified the operating system to integrate with their hardware, when Google releases an update to the Android platform, all of the other manufacturers have to take the time to figure out how to integrate the updates into their customized versions.

This can result in long delays, depending upon the manufacturer and model of smartphone, so one of the clear advantages of using a Google Pixel device is having access to any updates as soon as they become available.

Forced Modifications

Samsung has long been the leader in Android devices, with their Galaxy series, which has most often offered the latest technology first but they've also added lots of 'bloat ware' that impacts the operation. One of the major reasons I don't like Samsung's version of the Android OS is the forced use of their attempts at a digital assistant called Bixby. Bixby voice commands are designed to work with more of the phone's features than the Google Assistant, but if you choose not to use it, you are forced to jump through hoops to keep it from constantly trying to insert itself. <https://goo.gl/vUKSrT>



Lots of other Samsung specific apps that most users will never use, like Samsung Pay, Connect, Gear, Health or their version of Mail, Messages, Calendar and Contacts, are taking space and need to be manually removed to free up valuable space.

Pixel 3 - The New Contender

Google's 3rd revision of its Pixel line has drastically improved the device and made it much more of a competitor to the latest iPhones from Apple.

In my tests of the Pixel's cameras, two things stood out immediately. For selfie-fanatics, the dual front facing cameras make for wider angled images, so getting a large group of people into your selfie is easier.

The other immediate 'OMG' moment came from an iPhone user that saw some of my low-light images and proceeded to shoot some comparison images because of his amazement. The industry leading camera technology, coupled with a significantly lower price, can be very attractive to anyone comparing smartphones, but there's another huge consideration. Switching platforms is never a simple process, so make sure you do your homework before deciding to switch: <https://goo.gl/bCLhV>

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?

Why guess?
WE FIX IT ALL!

Come in today and receive a
FREE
Computer Check-Up
while you wait!

DATA DOCTORS
Computer Services X
www.DataDoctors.com

(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

NOW SELLING WELLNESS TEAS

EXPERIENCE OUR COFFEE AND TEA LUXURY BLENDS

TROPICAL SOUVENIR TEAS

LOOSE TEAS

BRING THIS COUPON FOR **15% OFF ANY ITEM**

CANNOT BE COMBINED WITH ANY OTHER OFFER



BE WELL TEAS

PrimeDelightsMelbourne Like us on 

Downtown Melbourne 908 E New Haven Avenue | (321) 768-8369




Happy New Year!



Premier Hand Made Chocolates
 Monday - Friday 10am - 5pm
 Saturday 10am - 2pm
321-220-8929
 306 East New Haven Ave
 Historic Downtown Melbourne
SublimeSweetsShop.com
Daily Specials / Check Facebook & LIKE US! 

Play TO WIN!

Name the Advertisers

WIN 4 Movie Passes
 Courtesy of Cinema World

OUR WINNER LAST MONTH WAS
Ron Ross of Melbourne

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Age: Under 40 40-54 55+

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

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

1. What is Mobile Power Window Repairs phone number?

2. Name our advertiser offering 50% Off selected items.

3. What page in Spotlight, is Melbourne Family Handyman advertisement on?

4. Name two advertisers on page 36.

5. Who is offering 64 heart healthy varieties and flavors?

6. Name who is Ringing in The New Year with Lots of Saving!

7. What is Team Cable phone number?

TIPS FOR Interacting with People with Disabilities

The world is a big, densely populated place that's home to roughly seven billion people. Some might be surprised that, according to the United Nations, roughly 15 percent of the world's population, or more than one billion people, including upwards of 100 million children, have some form of disability.

In 1992, in an effort to promote the rights and well-being of persons with disabilities, the United Nations General Assembly designated December 3 International Day of Persons with Disabilities.

Disabilities can run the gamut from the easily noticeable to the subtle. But regardless of which type of disability an individual has, its presence can affect any aspect of their lives.

Because no two disabilities are the same, people without a disability might be nervous about approaching and interacting with persons with disabilities. The Illinois Department of Human Services offers the following tips to interacting with people with disabilities that can make such interactions enjoyable for all involved.

Treat people with dignity and respect. People with disabilities have the same needs and wants as everyone else, and everyone wants to be treated with dignity and respect. The IDHS recommends practicing the golden rule when



interacting with people with disabilities, treating everyone as you would like to be treated.

Emphasize abilities, not disabilities. People with disabilities are smart, engaging and talented. Such people make the world a more diverse place, and many have unique experiences that can prove invaluable in various situations. When interacting with people with disabilities, recognize their abilities and uniqueness rather than focusing on their disabilities.

Ask before offering assistance. People with disabilities do not necessarily need or want assistance. No matter how well-intentioned you might be, ask before offering assistance.

Be mindful of your language. Think before speaking. Terms that were once part of the vernacular may now be considered offensive, even if the person speaking is not intending to offend. When speaking, the IDHS recommends using positive, people-first language that empowers rather than marginalizes people with disabilities. For example, instead of saying someone has a "birth defect," say someone is a "person who is disabled since birth."

Avoid showing pity or being patronizing. People with disabilities do not want pity, nor do they want to be spoken to or treated in a patronizing manner. Treat and speak to people with disabilities just as you would anyone else, making sure to avoid speaking to them as if they were children or making unwanted physical contact, such as patting them on the head.



Mobile Services • Repair • Re-Dye • Restore

FIBRENEW
Palm Bay

Experts in Leather, Plastic & Vinyl Restoration

☑ Repair ☑ Re-Dye ☑ Restore

Independently Owned and Operated

321-446-9589
fibrenew.com/palmbay

See photos of our work at: fibrenew.com/photos

• Furniture • Automotive • Medical • Marine • Aviation



The iStent *inject*

Compelling new treatment option for managing glaucoma now at The Eye Institute



James N. McManus, MD
Gary J. Ganiban, MD
Michael N. Mandese, OD, FFAO
Hetal D. Vaishnav, MD
Jason K. Darlington, MD
Eric R. Straut, OD
Patricia K. LaFleur, MD



The new iStent inject, designed to help glaucoma patients achieve and maintain lower eye pressures, is available now, according to ophthalmologist and cornea, cataract and glaucoma specialist, Jason K. Darlington, MD, of The Eye Institute for Medicine & Surgery.

Dr. Darlington, who has performed extensive surgical research for Glaukos®, the company that developed the iStent, explains that this new device is designed to optimize the natural outflow of certain fluids inside the eye – known as aqueous humor – by creating two bypasses through the part of the eye largely responsible for fluid drainage.

“By enhancing fluid outflow, we are able to reduce a patient’s eye pressure on an ongo-

ing basis, oftentimes without the need for eye medications or with a reduced number of eye medications,” says Dr. Darlington.

Achieving and maintaining reduced eye pressure is the key to maintaining the health of a patient’s optic nerve, thus maintaining their vision, explains James N. McManus, MD, cataract and glaucoma

specialist at The Eye Institute.

“More than four hundred thousand generation one iStents have been implanted worldwide since 2012,” informs Dr. Darlington. “The iStent has earned a reputation of demonstrated efficacy and safety.”

An interesting fact is that the iStent inject stent, at approximately 0.23 mm x 0.36 mm, is the smallest medical device ever approved by the FDA, notes Dr. Darlington.

In the key trials leading to the FDA approval of the iStent inject, over 75 percent of patients achieved a 20 percent or greater reduction in unmedicated eye pressure. In terms of the units used to measure eye pressure, this translates into a seven point decrease in eye pressures for this same group.

Screening Is Critical

Diagnosing and appropriately managing glaucoma is of the greatest importance,

THOSE AT GREATER RISK FOR DEVELOPING GLAUCOMA INCLUDE:

- People over age 40
- People who experience elevated eye pressures on a regular basis
- Immediate family members of people diagnosed with glaucoma
- People with diabetes and/or high blood pressure
- African Americans
- Hispanic Americans
- People of Asian ancestry
- History of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
- Medical conditions that affect blood flow such as migraines and low blood pressure

emphasizes Dr. McManus, because if glaucoma is present and not treated, the result can be permanent loss of vision, up to and including blindness.

In the early through later stages of the disease, glaucoma is largely asymptomatic. There is no pain and no obvious loss of vision. There is nothing to directly tell a patient that he or she has glaucoma, adds Dr. McManus.

Because glaucoma is a progressive and irreversible disease that may lead to vision loss caused by optic nerve damage, it is critical for people to be screened for glaucoma and for them to receive the treatment they need without delay, says Dr. Darlington.

Those at greater risk than the general population for developing glaucoma include:

- People over age 40
- People who experience elevated eye pressures on a regular basis
- Immediate family members of people diagnosed with glaucoma

- People with diabetes and/or high blood pressure
- African Americans
- Hispanic Americans
- People of Asian ancestry
- People with a history of eye injuries or certain eye conditions, such as farsightedness or nearsightedness
- Medical conditions that affect blood flow such as migraines and low blood pressure
- Prolonged corticosteroid use, including pills, eye drops, inhalers and creams

“It is estimated that half of the people who have glaucoma are unaware of it, and because of this, they are not receiving any type of treatment,” states Dr. McManus.

“If you or a loved one have one or more of the risk factors above, receiving a comprehensive eye examination by an eye doctor may be one of the most important things you can do for yourself and your family,” advises Dr. McManus.

BREAKFAST WITH THE EYE DOCTOR

Meet the Area's Foremost Experts and Learn How to Preserve Your Precious Eyesight

For more than ten years, people on the Space Coast have been able to meet the eye physicians of The Eye Institute for Medicine & Surgery and learn about eye conditions and how to treat them, while enjoying a pleasant breakfast.

“It’s a great way for people to get accurate and reliable information directly from highly experienced eye physicians,” says Jerry Orloff, CEO of The Eye Institute. “Our commitment to patient education is just part of our way of giving back to our community.”

Some of the topics that will be discussed include: cataracts and cataract surgery – restoring vision and maintaining independence; glaucoma – what can be done to treat glaucoma and protect your vision; diabetes and your eyes; and macular degeneration – optimal treatment for this vision-threatening condition.

“I always enjoy meeting people from the community, answering questions, taking in people’s concerns and offering solutions

that may significantly improve people’s lives,” explains Dr. McManus.

“We take great pride in bringing the latest advances in ophthalmic surgery, diagnostics, medications and research to the Brevard County community,” adds Dr. Darlington. “It is important for our patients to know that they are receiving the most advanced eye care that they could receive anywhere in the nation.”

“What a joy it is to educate people so that they can make the best possible decisions about their health care in a fully informed manner,” says Retina Specialist, Hetal D. Vaishnav, MD, who serves as a clinical professor of medicine at the University of Florida in Gainesville. “This is one of the many areas that set The Eye Institute apart from other eye care providers.”

For more information on the upcoming calendar of educational presentations at The Eye Institute, call (321) 722-4443 and ask for the community relations director.

COMPREHENSIVE EYE CARE & EYE SURGERY

When it comes to your eyesight, only the best will do.

There are four offices to serve you:

1995 W. NASA Blvd.
Melbourne, FL 32904

150 S. Woods Dr.
Rockledge, FL 32955

5055 Babcock St. NE
Palm Bay, FL 32901

1709 Garden St.
Titusville, FL 32901

(321) 722-4443



Jason K. Darlington, MD, graduated with highest honors from the University of California Davis. He attended UC Davis Medical School, followed by an internship at Scripps Mercy Hospital in San Diego. He completed his residency in ophthalmology at UC Davis. His fellowship in cornea diseases, transplants, cataract surgery, and other advanced anterior segment surgery, glaucoma management and surgery, and LASIK and refractive surgery was completed at the prestigious Phillips Eye Institute in Minneapolis under the direction of Thomas Samuelson, MD, and Richard Lindstrom, MD. Dr. Darlington is certified by the American Board of Ophthalmology.



James N. McManus, MD, is board certified by the American Board of Ophthalmology. He graduated cum laude from Dartmouth College in - with a Bachelor of Science degree and earned his medical doctorate from the University of Massachusetts in 1983. He completed his residency at the University of Pittsburgh Medical School and his internship at the University of Massachusetts Medical Center in Worcester. Dr. McManus is a member of the American Medical Association, the American Academy of Ophthalmology, the Brevard County Medical Society, the Florida Medical Association and the Florida Society of Ophthalmology.



Hetal D. Vaishnav, MD, is board certified by the American Board of Ophthalmology. He earned his Bachelor of Science degree from Georgia State University in 1993 and Medical Doctor degree from the Morehouse School of Medicine in Atlanta in 1999. He then completed an internship in general surgery at the University of Florida followed by a residency in ophthalmology and fellowship in vitreo-retinal diseases and surgery. Dr. Vaishnav is a member of the American Academy of Ophthalmology, the Association for Research on Vision and Ophthalmology, the American Society of Retina Specialty, the American College of Preventive Medicine, and the Florida Society of Ophthalmology.

The Medicine Shoppe®

PHARMACY

Caring beyond prescriptions.

get your



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

Call: 242-2440

*Call for delivery information.



**NOW AVAILABLE
DIABETIC
SHOES**



**MEDICARE
BILLABLE**

Play
TO
WIN!

Word Search "Cold Weather"

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

- | | | | | | |
|--------------|--------------|-------------|----------|---------------|-------------|
| Accumulation | Black Ice | Convergence | Forecast | Ice Crystals | Slushy |
| Aggregate | Blizzard | Depression | Freezing | Icy | Snow |
| Arctic | Blowing | Drifts | Grains | Melt | Stick |
| Atmosphere | Brisk | Drizzle | Graupel | Pellets | Temperature |
| Barometer | Clouds | Flurry | Gusts | Precipitation | Visibility |
| Bitter | Condensation | Fog | Hail | Sleet | |

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

OUR WINNER LAST MONTH WAS
Allison Poe of Merritt Island

Name _____
 Address _____
 City _____
 State _____ Zip _____ Phone _____
 Age: Under 40 40-54 55+

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: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197

CREATE A Fire Safety Plan

Fire safety protocol gives people the ability to get out of a building promptly and safely in the event of a fire.

Fires are unpredictable and can cause devastating loss of life and property. The U.S. Fire Administration states that, in 2017, there were 1,319,500 reported fires that resulted in 3,400 deaths and 14,670 injuries in the United States.

Travelers Insurance company advises people to develop a comprehensive fire safety plan, which can help save lives when used in concert with functioning smoke and carbon monoxide detectors. However, the National Fire Protection Association says only about one-quarter of households actually have developed and practiced a fire-escape plan or have taken measures to prevent fires around their homes.

Here are some ways to stay safe.

Repair or replace malfunctioning kitchen appliances promptly. Keep them clean and always use them according to manufacturer's instructions.



Do not leave a room while cooking. The Consumer Product Safety Commission says that most kitchen fires, which can ignite in as little as one minute, start after someone left the room.

Keep a fully charged and functioning fire extinguisher on the premises, preferably one on each floor of a home or business.

Do not overload power strips with plugs, and have a licensed electrician inspect and suggest updates to antiquated wiring systems.

Teach children about the dangers of playing with fire. Keep matches and lighters away from children.

Pull together all members of an office or household to come up with an effective evacuation plan. Walk through the building and inspect all possible escape routes. Mark two ways out of each room. If a window exit is recommended, have a functioning ladder that can provide safe egress.

Choose an outside meeting place that is far away from the residence or building, but close enough that it can be easily reached by all.

Set up a buddy system so that certain members of the family or company will be responsible for helping elderly, young or disabled people exit the premises.

Practice identifying escape routes, and institute regular evacuation plans so that everyone can function quickly should a fire occur.

Fires can spread quickly and easily claim lives. By addressing fire risks and implementing safety plans, people can save lives.



MELBOURNE regional
CHAMBER

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

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

BETTER BUSINESS RECIPIENT
For January **2019**

ROCKPAPERSIMPLE
your web. simplified.

CUSTOM T-SHIRTS

TROPICAL DESIGN
Matthew 6:33

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

BEST EQUIPMENT IN BREVARD
GREAT FOR YOUR CHURCH,
SCHOOL, CLUB, BUSINESS OR RETAIL

IN HOUSE ART DEPT.

JOIN US ON
facebook

321-255-9030

397 PINEDA COURT MELBOURNE, FL 32940

WWW.TROPICALDESIGNT-SHIRTS.COM

MARION MUSIC
YOUR ONE STOP MUSIC SHOP!

(321) 727-3000

YOUR LOCAL MARTIN DEALER!

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

FENDER AUTHORIZED DEALER!

- BAND INSTRUMENT RENTALS!
- EASY LAYAWAY & FINANCING!

www.MarionMusic.com

4970 Stack Blvd | MELBOURNE Mon-Sat
9AM-8PM

NEW SHOW ROOM Visit Our NEW Little Show Room for BIG SAVINGS !

Skyden Contractors

Residential & Commercial
Specializing in Bath & Kitchen Remodeling.

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

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

GotSkyden.com • Located at 5020 Minton Rd, Palm Bay

10% OFF ANY KITCHEN OR BATH REMODEL
Expires 01-31-19

Licensed Bonded & Insured **321-684-0251**

See our Reviews on **Angie's list** **facebook.**
CBC#1259579

Indian River ANTIQUE MALL

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

Vintage
Estate Finds
Collectibles
Shabby Chic
Rustic
Primitive
Retro

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

Where Shopping is Always a Pleasure.
LISA AND HENRY

321.586.5530
OPEN 7 DAYS:
Mon-Sat 10am-5:30pm • Sun 12-5:30pm
1433 S. BABCOCK STREET | MELBOURNE, FL 32901
IndianRiverAntiqueMall.com

ADOPTING A DOG OR CAT Later in Life

Companion animals bring great joy to their owners.

The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.



It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

Adult pets may already be house trained, saving seniors the trouble and effort of training them.

Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.



Brevard Center of Influence

BELOW IS A SAMPLE OF CURRENT MEMBERS OF THE GROUP

We meet 2nd and 4th Thursday at TD Bank ,1025 S Babcock St. Melbourne at 7:45 to 9:00 am

PAUL DAVIS
RECOVER • RECONSTRUCT • RESTORE
321-690-0000

- 24/7 Emergency Response
- Water Clean Up & Drying
- Storm Damage Clean Up



Fire Damage

www.pdrspacecoast.com



**Sherrill A
Bullock &
CPA &
Company PA**

BULLOCK & LESLIE
TAX & ACCOUNTING

1490 Highway A1A, Suite 302 | Satellite Beach, FL 32937

321-752-5553 www.bglcpa.com



TrueChoice
TECHNOLOGY

Diane Bryson
"Your Telecom Diva"
(321) 243-3617

Let Diane deal with AT&T, Spectrum and the other carriers on your behalf so that you do not have to deal with them!

Hosted VoIP • Internet • Cyber Security • IT Service



**The Children's
Hunger Project**
"Brevard County's Backpack Program"

Bruce Nelson Child Hunger Center
1855 W. King Street, Cocoa, FL 3292



321.610.1900

**TOTAL WELLNESS
CHIROPRACTIC**

CONVENIENT, PRIVATE CARE IN THE
COMFORT OF YOUR HOME OR OFFICE



Dr. Ryan Dalzell
Chiropractic Physician
321.426.0446
rdtotalwellness@gmail.com

**WOODS
INSURANCE**

WE MANAGE YOUR RISK
HOME INSURANCE • BUSINESS INSURANCE

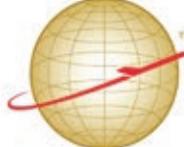
CALL: 321-821-2336
WWW.WOODSINSURANCE.NET

COMPUTER RICH LLC
Your Personal Tech Support
321-482-4567 • MyComputerRich.com

Computer Repair & Malware Removal
FREE Diagnosis At Your Location

New Location! 1501 South Wickham Rd. Suite C
West Melbourne, 32904
(just north of 192)

ComputerRich@live.com



**Global
Tours & Travel**

*Celebrating 20 years of Turning
Travel Dreams into a Reality!*

4100 Wickham Rd. Next to STEIN MART
Tel: 321-676-6040/gtt@globaltours.com
www.globaltours.com

FOR MORE INFORMATION
CONTACT TERRY LOCKE AT: 239-248-4564

BrevardCOI.com

Happy New Year



Shirts Signs Banners Flags Brochures Bulk mail EDDM AND MORE

Come and celebrate over 40 years of success with us during the month of January!



321-723-9925
www.ABetterCopy.com



Pediatric **URGENT CARE**



Croton Rd

Sarno Rd



BrevardHEALTHAlliance

When your child is sick or injured, time is more valuable than ever. Our highly trained team of pediatric specialists is here to provide the services your child needs at times that work with your schedule. Quality care, when you need it.

Treatments for:
Coughs, Colds & Fevers
Illnesses & Infections
Injuries & Abrasions
Asthma & Allergies

Services include:
On-Site X-Ray
Rapid Flu & Strep Tests
Hydration
Pharmacy Services

Extended weekday & weekend hours:

Monday – Friday 3 pm – 11 pm
Saturday 11 am – 11 pm

Address:

2120 Sarno Road, Suite 2
Melbourne, FL 32935



  @BrevardHA www.BHACHC.org (321) 241-6801



YOUR PLAN AND PURPOSE

Debbie Worzalla, CCM: Together, doing life RIGHT!

Do you know that God has a plan and a purpose for your life? While it sometimes may seem like we are just passing through this life, enjoying time spent on the mountain and suffering through dry spells in the valley, there is order to what may appear to be a chaotic life. We are all here for the purpose that God planned long before we were born. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11). We will always have struggles in our lives, but in hindsight, I've noticed that many of my struggles have served a purpose. When we learn to trust God, we have confidence in His ability to get us through any situation. Remember, our situation should not to be our main focus. Instead, we are to fix our eyes on the Lord Almighty Who is with us through all our situations.



Twenty years ago, I never dreamed I would move to Panama to serve in the mission field. At times I still wonder how in the world did I ever get here? But God directed my steps and guided my path and He gave me a heart for the people in Panama. Last week, my husband Bob and I had the opportunity to serve on the Comarca with God's Eyes, an organization we work alongside. We spent two days in Cerro Puerco (Pig Mountain), ministering to 193 of

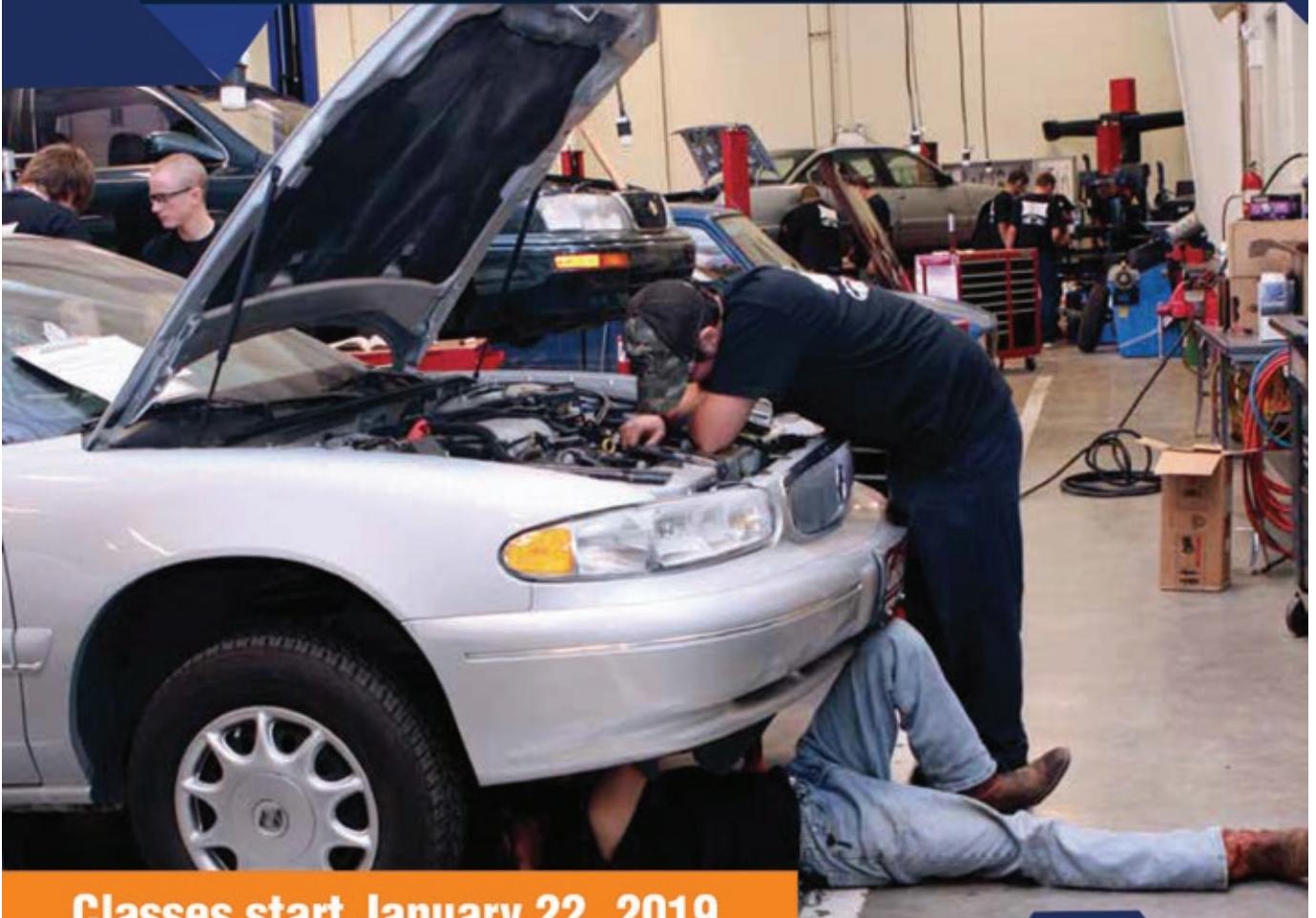
our Ngobe brothers and sisters. This was the first time we have served with God's Eyes in an area with no electric service. Altogether, we dispensed a total of 260 pairs of prescription, sun, and reading glasses. Four cases of new bibles were given away and folks were still asking for more when we ran out! Through the power of the Holy Spirit, our prayer and ministry team had the privilege of leading at least 30 new souls into the Kingdom of God, with others renewing their commitments to Him. By God's grace we get the privilege of doing these kinds of things regularly.

You don't have to move to a foreign country for God to have a plan and a purpose for your life. He will use you where you are right now! There are opportunities all around — you don't have to look far to find family, friends, neighbors and coworkers in need of Jesus. When we trust God and allow the Holy Spirit to work through us in all circumstances, God will work all things for good!

two become one pre-marital seminar
 February 15-16
 Melbourne Campus
 Register at calvaryCCM.com/events

BREVARD ADULT EDUCATION

Automotive Service Technology I



Classes start January 22, 2019
Mon-Thurs 4:30-9:00 pm at
Satellite High School
2 year program

For more information call Tonya Holder
at **321-633-3660 x147**
Register today at 1225 Clearlake Rd. Cocoa, FL 32922

Find us at Brevard Public Schools
Adult and Community Education



@BrevardAdultEd #BrevardBest



www.brevardadulthood.com

REGISTRATION NOW OPEN!



IT'S RELAXATION TIME

Joan & Dr. Sal Giorgianni,
Dragonfly Botanica Apothecary & Teas



Ok, the holidays are done. Everyone has hopefully had a great time with family, friends and enjoyed all the good cheer we can soak up. Our homes are slowly being put back together for the remaining 353 days before The Twelve Days of Christmas (or the Eight Days of Chanukah or whatever seasonal theme is meaningful to you) start all over again. Your home seems blissfully quiet as relatives from everywhere are filtering back to their home. And, yes, of course, scurrying getting back on track with all of the business, family and social activities that were put on hold for a bit.

So now it's time to relax and as everyone knows teas help us relax. Yes, many types of teas contain caffeine but certainly less than a cup of coffee. But there are some absolutely delicious teas, tisanes and herbal beverages that have been used for centuries to help us relax that have no caffeine. There is also something about a nice warm beverage, with some honey perhaps, when we are just sitting and contemplating or relaxing. At Dragonfly Botanica we have an amazing assortment of teas to relax. A complete listing of our

teas in on our website at www.DragonflyBotanica.com. Here are just few examples of what we have:

Chamomile Tea. Chamomile is probably the quintessential relaxation tea. It is a beautifully fragrant floral herbal, with no caffeine at all. It has a lovely light flavor and not only is well appreciated to help relax frazzled nerves and relaxation before sleep but also has a decided ability to calm the stomach. Unlike the chamomile you buy at the grocery store in packets our Chamomile is the full flower style that has a much rounder and complete flavor. We also have a popular blend our Chamomile with imported French Lavender flowers that gives a lovely relaxing and more complex tea. And, yes, we do sell French Lavender by itself which many folks enjoy not only as a tea but to make beautiful sachets. We also shave lovely jasmine flowers, and chrysanthemum flowers that can be brewed up to enjoyable light teas.

Rooibos Tea. Rooibos, sometimes known as Red Tea, is a tea beverage derived from rooibos berries from South Africa. This makes a very delicious slightly sweeter tea reminiscent of a Ceylon tea. But it has no caffeine and is very high in antioxidants (second only to matcha green tea) so it is very healthful. We have several different blends of Rooibos teas. Some, such as our African Autumn blend have orange notes, others have fruit notes and we carry two fantastic chai blends, with Thai or Indian style spice notes.

Tisane Teas. These are teas made from bits of fruit. Dried fruit combinations make a wonderful hot or cold beverage. We have varieties in light flavor styles, such as strawberry-kiwi to a spicier blend of orange and cranberry and also a tropical style tisane featuring mango fruits. We also have fruit-based herbals such as a fantastic raspberry blend, with hibiscus and rosehips and a blood orange blend with hibiscus and rosehips. All fantastic fruit lover teas all totally caffeine free.

Of course, if you are one to enjoy a bit of caffeine with your relaxation, we have a marvelous selection of another 50+ teas with varying levels of caffeine. We always carry white, green, oolong and black teas to suit any taste. We sell our teas by the ounce (generally a 4-ounce minimum) and have a range of tea making accessories. To accompany your tea, we also sell healthful natural locally harvested honey, including Royal Jelly Honey. If you are not sure what you would like or are new to fine teas, we will gladly explain simple tea making and are happy to provide a few samples for you.



SEASONAL TEAS

- Chocolate Chai
- London Fog Blend
- Vanilla Rose (organic)
- Wedding Tea

Seller of Fine Loose-leaf Tea,
Tea Accessories & Essential Oils

COMING SOON

Dr. Sal's

DISCOVER-RELIEF[®]

SOOTHING CREAM

ALL NATURAL FORTIFIED WITH

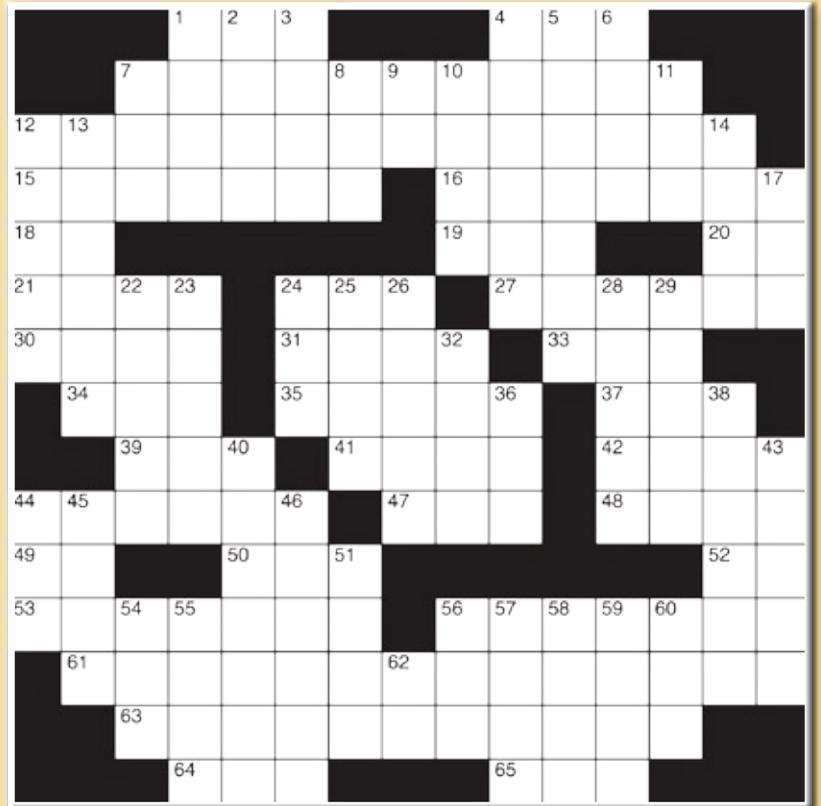
8 ESSENTIAL OILS

6450 N. Wickham Road Suite 102,
Melbourne FL
321-622-8155

clues

ACROSS

- 1. Political action committee
- 4. One point north of due east
- 7. Marital
- 12. Religious building
- 15. Intrinsic nature of something
- 16. Safe to drink
- 18. Letter of credit
- 19. Single Lens Reflex
- 20. Keeps you cool in summer
- 21. Monetary unit
- 24. The Eye Network
- 27. Moving with a bounding stride
- 30. Figures
- 31. Of the pia mater
- 33. Male offspring
- 34. Indicates near
- 35. Calvary sword
- 37. South American plant
- 39. Doctor of Education
- 41. Something to take
- 42. Remove the edges from
- 44. Inattentive
- 47. Pick up
- 48. Latch for a window
- 49. Region of the U.S.
- 50. Windy City ballplayer
- 52. The NFL's big game (abbr.)
- 53. Be permanently present in
- 56. Novice
- 61. Pirate novel
- 63. In a law-abiding way
- 64. Where one sleeps
- 65. Criticize



clues DOWN

- 1. Bullfighting maneuver
- 2. Egyptian Sun god
- 3. Predatory semiaquatic reptile
- 4. Register formally
- 5. Eating houses
- 6. Japanese port
- 7. Genus of rodents
- 8. Nigerian city
- 9. Milliwatt
- 10. Mistake!
- 11. Women's ___ movement
- 12. Greeting
- 13. Songbirds
- 14. An arrangement scheme
- 17. Heartbeat test
- 22. Push back
- 23. Intended for the audience only
- 24. Cycles per second
- 25. Impartiality
- 26. Polio vaccine developer
- 28. Bowel movements
- 29. South American Indian
- 32. Queen of Sparta
- 36. Confederate soldier
- 38. Emerged
- 40. Death
- 43. ___ and flowed
- 44. Folk singer DiFranco
- 45. Email folder
- 46. Throbbled rhythmically
- 51. English rockers
- 54. Disaster relief operation
- 55. American model and TV personality Katherine
- 56. Potable
- 57. Tough outer layer
- 58. ___ Spumante (Italian wine)
- 59. Troubles
- 60. Negative
- 62. Camper

“Small Jobs are what I do” –Melbourne **Family Handyman**

Although I am a new business owner, I have had over 20 years of experience in all areas of home maintenance, construction, and repairs. My customers' preferences and priorities always come first. I work closely with each client to ensure that their project is completed in a timely fashion, while maintaining unmatched attention to detail.



Melbourne Family Handyman is building a reputation for quality work with each satisfied customer. I take a great deal of pride in every restoration I complete from painting and finishing, to clean outs and room remodels.

Other services offered include but are not limited to:

Drywall repair

Small painting projects

Caulk removal and re-caulking

Gutter cleanouts and repairs

Interior and Exterior trim carpentry

Wood rot repairs (small areas only)

Tiling repairs and small tile projects

Small jobs are what I do, so when everyone else says no give me a go!! Call Keith Lewis at Melbourne Family Handyman 863-231-8217.



NEW YEAR - NEW YOU SALE

**20% OFF ALL DIET PRODUCTS &
SELECT DIET GROCERY ITEMS
JAN 2ND. TO JAN 14TH**

START YOUR NEW YEARS OFF HEALTHILY WITH US!

**SUPPLEMENTS - HERBS - NATURAL BODY CARE
NATURAL GROCERIES - BULK FOODS - FROZEN - DAIRY
NATURAL PET FOODS & SUPPLEMENTS - FULL DELI
HOT BAR - GRAB AND GO FOODS
FRESH LOCAL & ORGANIC PRODUCE**

701 S. APOLLO BLVD. MELBOURNE FL 32901 -OPEN 7 DAYS A WEEK

321-724-6936

WWW.NATURESMARKETMELBOURNE.COM

Grateful Patient Gift Will Help Others Receive High-Quality Cancer Care in Brevard

Tina knew her husband, Michael, was “the one” by their second date.

Coincidentally, that day marked one year since his mom had passed, and Michael didn’t shy away from sharing his fond memories of her with Tina.

“Hearing the way he talked about his mom sealed it,” the Satellite Beach woman recalled with a smile. She knew. Just as she knew after her beloved husband died at the age of 55 of Stage 3 multiple myeloma in 2012 that she needed to do something – not only to help her grieving heart heal but to provide the quality care right here in Brevard that others so desperately need and deserve.

So, in addition to her annual support, she decided to make arrangements in her will for a major gift to the Health First Cancer Institute. Tina, who serves on the Health First Foundation’s Board of Trustees, feels passionately about giving back



to Health First, which offers programs dedicated to improving the wellness and health of Brevard County residents.

“Including Health First in your will or trust is a simple way to have a very real and long-range impact on local cancer care for future generations,” said Tina. “If my gift helps at least one person receive the cancer care and support they need without having to leave the familiarity of home, my life will be complete.”

Tina will always be grateful to Health First, whose physicians diagnosed Michael with multiple myeloma in January 2009 during an emergency visit to Health First’s Holmes Regional Medical Center.

With the diagnosis, “life instantly changed,” she said, with continuous doctor visits and treatments becoming the norm. They married in June 2009, just six months after his diagnosis.

For his rare form of cancer, Michael initially sought treatment at Moffitt Cancer Center in Tampa, then at the Myeloma Center at the University of Arkansas for Medical Sciences in Little Rock – all while closely coordinating care with Health First Cancer Institute physician Dr. Joseph McClure. While at Moffitt, a series of stem-cell transplants seemed to work temporarily.

But the cancer came back, and eventually Michael chose to forgo any further treatments. The two returned to Brevard, where Michael died in January 2012. Tina was with him when he passed, as well as Dr. McClure.

After Michael’s death, Tina sought bereavement help through Hospice of Health First. Her counselor urged her to get involved with the Health First Foundation that was raising funds for hospice at the time.

She hasn’t stopped since.

“There’s so much opportunity for all of us to be involved and active in making a positive impact on local health care,” Tina said. “I am so grateful for the support and professional guidance from everyone at Health First, who helped me heal and turn my grief into good.” To learn more about making a gift through your will or estate plan, contact Jeanene Donilon, Foundation Director, at the Health First Foundation at 321.434.7386 or 321.434.7353.

THE NEED FOR CANCER CARE IN BREVARD

In one year, More than 65,000 established patients are treated 5,000 new patients are evaluated. Approximately 35,000 patients receive infusion treatments. More than 28,000 patients undergo radiation treatments. Nearly 800 patients receive a lung cancer screening. More than 30,000 breast cancer screenings are performed. Gifts to the Health First Cancer Institute allow us to continue important work in the ever-changing scope of cancer care, serving the thousands of patients, and their families, who enter our facilities.

PUZZLE [PG42] SOLUTION
How well did you do?

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

MRAM Engineering Surplus

We have the Parts You Need!



Computer Parts



Appliance Parts



Electronic Parts



HVAC Parts

5% OFF
Any Purchase over \$20
with this ad expires 1-31-19
(Excluding Weather King Buildings)

Weather King
PORTABLE BUILDINGS
Sold Here

PURCHASE OR RENT TO OWN
NO CREDIT CHECK!
FREE DELIVERY & SETUP*




MRAM Engineering Surplus

321-574-1337

3060 Dixie Hwy

Palm Bay FL 32949

(just south of University Blvd. on US 1)

Play
TO
WIN!

Spot the
Spotlight



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

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!

OUR WINNER LAST MONTH WAS

Marylyn Simonelli 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

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

Advertiser _____

Page # _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Age: Under 40 40-54 55+

LUXURY FOR LESS.

\$5 \$6 \$7

CHILDREN & SENIORS **ADULTS** **ADULTS**
 BEFORE 4PM 4PM & AFTER

NEXT TO SAM'S CLUB ON US-192
 Cineworld is Brevard's state of the art 16-Screen theater featuring stadium seating, wall-to-wall screens, and DLP digital light and sound.



CW THEATERS.com

© 2010 CINEMAS 12 & THEATRE SERVICES IS A SERVICE FOR FILM, DIGITAL REPRESENTATION, & 3-D THEATRE SERVICE FOR ADULTS. EXCLUDES SPECIAL EVENTS.



REPLICAS **GLASS** **SERENITY**

JAN 11 **JAN 18** **JAN 25**



HOLISTIC HEALTH CENTER
 A Ministry of CFCC

See Our Redesigned Website
www.holistichealthcenter.us

NEW PRODUCTS & SERVICES
 Thermography – CBD – Bemer Therapy
 Hair Mineral Analysis Testing for Toxins
 Vitamins – Herbs – Essential Oils

Mental - Physical- Spiritual Restoration
"WINNING AGAINST CANCER PROGRAM"

Holistic Dr. Kevin Kilday, PhD
 321-549-0711 in 4 Brevard Locations



G & J POOL REMODELING INC.

Weekly Pool Service
751-1099
www.GandJPools.com



Lic# CPC 1457123



ITEX

CONNECT • TRADE • SAVE

866.790.1525
melbourne.itex.com

Treat Yourself
 TO FRESH, RADIANT & BEAUTIFUL SKIN
 THIS YEAR!

A SERIES OF 12 TREATMENTS
 — THAT INCLUDE EITHER —
 Chemical Peels or Microdermabrasion and
 Ultrasonic Skin Rejuvenation

NOW ONLY **\$599** Reg. \$999

Treatments are scheduled two weeks apart for a series of 6 visits. \$599 must be paid in full at time of first service. Not valid with other discounts or promotions.




ACHIEVE BeautifulSkin
 MEDI-SPA VIERA

321.720.5473 • AchieveBeautifulSkin.com
 5466 VILLAGE DR. STE. C2 • VIERA, FL 32955

RING IN THE NEW YEAR! WITH LOTS OF SAVINGS!

Queen 12"
Gel Hybrid Mattress
& adjustable base
ONLY \$599⁹⁵

Nuvella Sofa & Loveseat
(Performance upholstery)

2 colors

ONLY \$899⁹⁵

Segburg reclining sofa & loveseat

ONLY \$1199⁹⁵

Renchen 3pc Sectional

ONLY \$1299⁹⁵

Mellen genuine leather sofa and loveseat

ONLY \$1599⁹⁵

Coahoma power reclining sectional

Comes with USB ports 2 colors

ONLY \$1799⁹⁵

Caitbrook 5pc Pub Set

ONLY \$599⁹⁵

Farmhouse 7pc Counter Height Pub Set

ONLY \$699⁹⁵

Besteneer 5pc Dining Set

ONLY \$749⁹⁵

Beechnut Dbl Bed, Chest & Nighstand

ONLY \$499⁹⁵

Wynnlow Qn bed, dresser, mirror & nightstand

ONLY \$899⁹⁵

Brashland Kg Bed, Dresser, Mirror & Nightstand

2 colors

ONLY \$1899⁹⁵

HUGE MATTRESS SALE: UP to 60% OFF ALL SIZES!

Serta Biscayne/Bedding International Sleep SOLUTIONS



offers **NO CREDIT NEEDED - 90 DAY PAYMENT OPTION**

3388 W. New Haven Ave. Melbourne, FL 32904

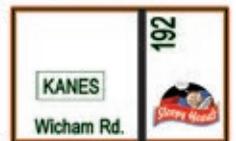
321-956-6800 MON-SAT 10-7

Financing Available

SUN 11-5

www.sleepyheadsinc.com

with **NO INTEREST** for 90 DAYS!





Caregiving for Seniors Annual Conference

Embrace the Power of Positivity

Please join us for our **15th Annual Caregiving for Seniors Conference**, tailored to family caregivers providing care and support for their loved ones. This day will be filled with information and community connections to help you continue to provide quality care and find support. This day is for you – relax, enjoy, learn and connect.

Conference Caregiver Sessions Will Include:

Keynote: "The Magic of Mindfulness in Your Daily Life" **Speaker: Alexis McKenzie**

Second Session: Ten Commandments: Dealing with a loved one with memory loss can sometimes be challenging. The 10 commandments are suggestions that can help you on your caregiving journey. **Speaker: Visa Srinivasan, MD**

Afternoon Session: "The Power and Many Forms of Music and Creativity"
Speaker: Alexis McKenzie

Exhibitor Resource Fair: "Ask the Experts"



Our 2019
Keynote Speaker:
Alexis McKenzie

Alexis McKenzie holds a doctorate degree in Metaphysical Science. She is a master trainer in the Brief Cognitive Assessment Tool (www.thebcat.com), a certified Dementia Care Practitioner and a clinical hypnotherapist.

HF.org/aging

Saturday, March 16, 2019

8:15 a.m. to 3 p.m.

Hilton Melbourne Rialto Place
200 Rialto Place, Melbourne, FL 32901

For early registration,
call **321.434.4335**

Complimentary lunch, door
prizes and much more!

Free Valet Parking
Sponsored by Viera Company

*If you need care for your loved one in order to attend the conference, please call SarahCare at **321.676.3460** after you register for our conference. They will kindly provide respite for your loved one for a nominal fee.*
SarahCare.com/Melbourne