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# spotlight

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pg 12-13

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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Hopefully by the time you are reading my notes for the month of October, our weather patterns will have started to change for the better. It is funny how we complain when it is too hot, but also when it turns cold. For now, however, I think we are all ready to enjoy some cooler temperatures. So please bring on the Fall!

Our Spotlight Website update:

We are hearing wonderful reviews about our new website just about every day now. Our readers are truly enjoying the variety we are offering on the web in conjunction with our printed version of the magazine. Personally, I am having a lot of fun learning all the ins and outs of maintaining the website. Also, please take a minute to like us on Facebook, another great way to follow what we are up to each month.

October is the time of year when some of our snow birds start coming back to Florida. Please remember to use extra caution while driving on the roads. Remember, the older folks you encounter on the highway are someone's parents or grandparents. One day, we will all be "mature drivers", so a little patience goes a long way.

Thank you again for your ongoing loyalty each month. Whether you take the time to read us in print or on the web to discover all the happenings in your Spotlight Community Magazine, know that you are appreciated!

Until next month, have a great October!

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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October 2014 | Volume 17 | Issue 10

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# bay west | church

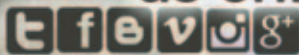
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## YOU KNOW, A FUNNY THING HAPPENED ON THE WAY TO THE...

by Jim Campbell, First Baptist Church of Melbourne

**For the longest time, this line, or some form of it,** has been used to start a joke or a comedian's monologue and it's become such a staple in our culture that just reading it makes you expect something funny. Common sayings are part of all of pockets of culture in our world. For me, growing up in rural Alabama, the image of a "dirt road" was very prevalent. It became kind of an accepted joke with me that if you wanted to talk about failing at something, like starting a business or having a meeting, that you'd tack on the phrase, "down a dirt road" to the venture and it would signal impending doom.

Well, for those of you that know God, you know He has a seriously sharp sense of humor. Six years ago, after about 6-8 weeks of praying, I accepted the challenge from Dr. Bazer at FBC Melbourne where I was on staff, to take on the new role of Campus Pastor and help organize the launch of their new satellite campus in Palm Bay, Bay West Church. From there, God brought a joke of his own.

On a date night with my wife, after dinner, Katye and I didn't really want to run back and rescue the baby sitter just yet, so we thought "hey, let's drive down and take a look at where Heritage High School is going to be where we'll be meeting." So that's what we did...and as we passed in front of that Maronda development just past Palm Bay Regional Park on the west end of Malabar, the tires on my SUV told the story...the road was unpaved from that point to the school. So, it hit me..."I was going to start a church down a dirt road." Wow... Unbelievable, I thought, but, then it made perfect sense.

For eons, God has been the great Handicapper. He goes through His existence without much of a challenge, because when you are God, just exactly what is hard to do. In His effort to reconnect with His creation, He's shown His power over and over again through taking a situation, actually making it harder and then succeeding in it.

One of the many pictures I have of God is like He's this philanthropist, constantly on the lookout for a hopeless situation that He can solve to show His power. He usually can't find one hopeless enough, so He settles for a really tough one, and He shows up when people believe in Him enough to trust. At times, the presence of the proverbial "dirt road" in what He's told me to do has been a signal that this just might be exactly the place that He'll show up. In September, we started Bay West, and as I find out so many times with God figuratively and in this case literally, the "dirt road" wasn't that big of a deal.

Last month, Bay West celebrated 5 years and we're growing and going strong still. We meet at 100 Emerson Drive NW, renting space from The Mission Church, so we aren't meeting down a dirt road anymore. Still, God is still proving his power in conquering newer handicaps, but the message in one of our first handicaps at Bay West has never been forgotten.

---

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or [www.baywestchurch.org](http://www.baywestchurch.org).



"At times, the presence of the proverbial 'dirt road' in what He's told me to do has been a signal that this just might be exactly the place that He'll show up."





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# The Traditions of Halloween

October 31st is nearly here, and soon the streets will be filled with costumed revelers eager to get their share of the free-flowing candy and other prizes. Year after year, trick-or-treaters don their costumes and parade from home to home. But have you ever wondered where this and other traditions began?

Trick-or-treating and wearing costumes seem like odd traditions to those unaccustomed to Halloween. Halloween customs are actually a blend of Celtic, Catholic, Pagan, and ancient Roman traditions. It is thought that Halloween celebrations date back to roughly 800 to 600 BC, when they originally were observances of the harvest season and nature before the arrival of winter, which marked the barren state of the landscape. The Celtic festival of Samhain was a major influence on modern day Halloween.

On October 31, Celts also believed the door to the underworld was opened and could let in deceased spirits. Feasts were held and place-settings were left for deceased relatives, as they were believed to return home for a visit. In addition to friendly spirits, mean spirits also could cross over. Bonfires were lit to

ward off spirits, and extra candles would be used in homes and churches to keep evil away.

Even the custom of wearing costumes has its roots in keeping evil spirits at bay. Costumes and masks were worn to confuse bad spirits and frighten them so that they could not bestow misfortune on the more fortunate. People also wore masks and ventured out after dark so that envious ghosts who were cold and outside could not recognize residents of warm and inviting homes.

The trick-or-treating custom may have blended origins. Druids believed the dead would play tricks on mankind during Samhain, causing destruction and panic. To appease the spirits, people would give the dead food and other treats.

Another custom, called "souling," can be linked to Halloween as well. Early Christians would walk from village to village asking for "soul cakes," which were square pieces of bread with currants. The more cakes received, the more prayers the faithful would promise to say on behalf of the dead relatives of the



cake donors to expedite a soul's passage to heaven.

Irish trick-or-treating customs may be traced back to collecting supplies door-to-door for the festival of St. Columbkille.

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# Free Reggae Music Concert Coming to Wickham Park

Local entrepreneur Chris Robinson announces Free Reggae Music concert to unify and inform the masses on the Affordable Care Act (The ACA, aka "Obamacare").

Chris Robinson is the owner of One Insurance Group, Inc., an insurance agency specializing in health insurance.

After over twenty years in the health insurance industry Chris has seen many changes and understands the benefits and pitfalls of the ACA. He recognizes that the public has not been adequately educated about the ACA and misinformation has led to underutilization. Chris and his organization have already helped hundreds of Brevard county residents qualify for subsidies on the exchange and assisted them in comparing and enrolling in a new plan. Chris's team is compensated by the insurance carrier so there is no additional cost to the community to receive their personalized expertise and assistance.

The next individual health insurance open enrollment period will be November 15th, 2014 - February 15th, 2015. Chris plans on bringing awareness to Brevard county residents and helping thousands of hard working residents receive subsidies to help pay for health insurance on the federal exchange. One Insurance Group, Inc. represents many of the carriers available on the exchange in Brevard such as Health First, Aetna, Cigna, UnitedHealthOne and Coventry.

Chris Robinson was born in Kingston, Jamaica. Growing up less than a mile from Bob Marley's house in Kingston (now the Bob Marley Museum), Chris has fond memories of seeing Bob Marley as a



youngster and playing soccer against his son Ziggy. Chris is now an avid Marley fan; the song "One Love" being one of his favorites. The upcoming Free Reggae concert sponsored by Chris's company One Insurance Group, Inc. is inspired by the One Love Reggae Peace Concert held in Kingston, Jamaica when Chris was a young boy in 1978. The One Love Reggae Peace concert was intended to unify a country divided by political unrest, featuring Bob Marley and many other reggae artists including Inner Circle the Headline band for Chris's upcoming concert November, 22 at Wickham Park. Interestingly, Chris was able to book, Grammy award winning band "Inner Circle" who performed at the 1978 Reggae Peace Concert in Jamaica.

Later on in their career they performed the song Bad Boys that became world famous after being chosen as the theme song to the popular show "Cops". In addition, Chris is bringing his favorite Latin Funk band out of Miami - Suenalo, and 506 Crew the original house reggae

band from the Bob Marley club at Universal Walk in Orlando. For music lovers this promises to be a great concert.

To get your free tickets just "like" One Insurance Group, Inc. on Facebook and call their office at (321) 474-0151 to make arrangements to pick up your free tickets. In addition, all profits from beverages sold at the concert will go to Serene Harbor, the shelter for women who have experienced domestic violence. When asked why he is putting so much effort into this event Chris's simple reply was "for those who are blessed much is expected."



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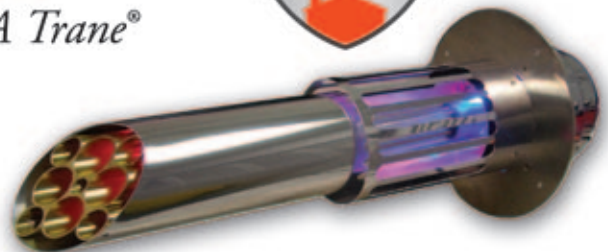


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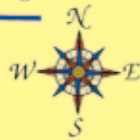
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## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

The state-of-the-art equipment available today for lawn and leaf management can help turn the average homeowner into a lawn specialist overnight. But the use of weed trimmers, leaf blowers and hedge clippers has also been sending many aspiring landscapers to the office of their local doctor of chiropractic.

“The repetitive motion that your body undergoes when using such equipment can bring on a whole host of mechanical problems within the body. It is essential to operate your equipment properly. If you do not, the pounding your body endures may be multiplied.”



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## CHRISTMAS . . . ALREADY?

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

**Becky and I were in a department store and like many couples,**

she went one way looking for something, I went another. As I navigated the aisles in the men's section, something caught my attention from the far side of the store. There appeared to be lights floating 6 or 8 feet above everything else. The glow of some was constant, while others seemed to twinkle in a variety of colors. Instantly my mind projected an image from the outline of the light. It couldn't be... it wasn't even my birthday yet ... but the shape of the lights could not be misinterpreted as anything else. It was official ... on September 12, I saw the first Christmas tree display of 2014.



I remember the good ole days... (wow, can't believe I said that) when Christmas displays didn't go up until the fall classic {baseball season} was in the history books and for those non-Floridians among us, the chill of fall had turned into winter. It made perfect sense, when you started planning for the Thanksgiving Holidays, only then was it time for the Christmas promos to begin.

While I haven't kept any official study, it seems like "Christmas" displays and preparation happens earlier every year. But as I think about it ... Maybe that's not such a bad thing...

Skip past the retail perspective, the number of gifts to be purchased and Santa Clause and remember what Christmas was/is all about.

John 1:14 The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

Matthew 1:23 they will call him Immanuel \_\_ which means God with us.

I'm not ready to put up our decorations quite yet, but what if when we look at those displays, rather than complaining, "They're earlier than last year!", we let them remind us of the Promises of God.

Let their brilliant, sparkling lights point out that Christ is still the light of the world. That He is the promise of Hope. That He is the one who can bring peace and forgiveness in the midst of the chaos.

I bring you good news of great joy that will be for all the people. Today ... a Savior has been born. I'll look for you around the Christmas trees.

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"You honor God through your abstinence..."



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

**Dear Val,**  
For the third time in six months, my grandfather was released from the hospital (congestive heart failure). To my knowledge, Poppy has never been saved. As a small child, he went to mass on Sundays; however, with the exception of weddings, funerals, and baptisms I don't think he's set foot in a church in over eighty years. When I question Poppy about his faith, he clams up or tells me to stop worrying. Well, I do worry! I'm afraid his next trip to the hospital will be his last. I don't want to be pushy but I'm at a loss. I don't know how to get through to him. He's a stubborn ornery Irishman.  
-Exasperated of Melbourne Beach

Dear Exasperated,  
It is not your responsibility to save him, which is good because you are not capable of saving him—only God is. Your job is to plant seeds, pray regularly, and have patience, but be careful that you are not pushy. That's a huge turn off. Know that God's will is that none should perish. Let Poppy know how much you love and care for him and when the Holy Spirit speaks to your heart, be open and ready for His direction.

**Dear Val,**  
I'm in love with a guy named "Mark". We've known each other since kindergarten and this fall we'll be starting high-school. We are not having sex because I want to wait until marriage and Mark respects that. The problem is, most of my friends are sexually active and they say I'm nuts for waiting. I've been told Mark will eventually get tired of waiting and he'll find someone else. Even my mom thinks I should go on the pill "just in case" something happens or I change my mind. I want to save myself for marriage but maybe I'm being old fashioned. What do you think?  
-Alison of Palm Bay

Dear Alison,  
Yes, you are being old fashioned, but what makes you think doing things in time-tested ways is bad? I'm impressed with your decision to abstain from sex outside of marriage. Purity is one of the greatest gifts a bride and groom can give one another. Unfortunately, many do not share your sentiments or values. God designed man and woman to have sexual desires. He wants us to enjoy one another sexually—but within the boundaries of marriage. Your parents should be proud of you and support your decision. Although you're several years away from marriage, your future husband (whether it's Mark or another young man) will be blessed by your decision to remain pure. You honor God through your abstinence.

**Dear Val,**  
My daughter-in law refuses to get my two year old grandson baptized. She said it's a decision he needs to make when he's older. What if something happens to him in the mean time?  
-Worried Grandma of Palm Bay

Dear Worried Grandma,  
Quit worrying! Your grandson is too young to know and understand about accepting Christ and baptism does not guarantee salvation. Baptism is a public sign of accepting Christ as your personal Savior. He is covered by God's grace until he is old enough to decide for himself; however, you and your daughter-in law can reach a compromise. Many churches offer baby dedications (my church does every month). Our pastor says, it's more for the parents than the child but it makes perfect sense. For one thing, the entire congregation is praying for the child. Secondly, the parents are making a promise (covenant) with God to care and nurture the child in the things of the Lord.

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.

## Melbourne Police Department's

# CAREER EXPO

### WHEN:

**Saturday**  
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9am – 4pm

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# HAPPY HALLOWEEN!

## SPOTLIGHT ON COOKING

by Cecelia Danas



Happy Halloween from my kitchen to yours. Anything pumpkin this time of year always goes over well. Enjoy your treats and see you next month right here in the Spotlight! Remember — Be Creative!

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

### Pumpkin-Swirled Cream Cheese Bars

- |                                  |   |
|----------------------------------|---|
| 6 tbsp butter, melted and cooled | 1 tsp baking soda                                   |
| 1 3/4 C sugar                    | 1/2 tsp baking powder                               |
| 3 large eggs                     | 1/2 tsp ground nutmeg                               |
| 1 C canned pumpkin               | 1 package (8 oz.) cream cheese, at room temperature |
| 1 3/4 cups all-purpose flour     |   |
| 1 1/2 tsp ground cinnamon        |   |

1. In a bowl, using an electric mixer on medium speed, beat butter and 1 1/2 cups sugar until smooth. Beat in 2 eggs, pumpkin, and 1/3 cup water until well blended, scraping down sides of bowl as needed. In another bowl, mix flour, cinnamon, baking soda, baking powder, and nutmeg; beat into butter mixture until well blended. Spread batter evenly in a buttered and floured 10- by 15-inch baking pan.
2. In a bowl, using an electric mixer on medium speed, beat cream cheese, remaining egg, and remaining 1/4 cup sugar until smooth.
3. Drop cream cheese mixture in 24 evenly spaced 1-tablespoon portions over batter. Pull a knife tip through filling to swirl slightly into batter.

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# Money-saving tips for working professionals

**Working professionals know that going to work every day can be costly.** From commuting costs to the expenses necessary to maintain a professional wardrobe, going to work can be hard on the pocketbook. The following are a few ways workers can save some cash.



- Embrace direct deposit. If your company offers direct deposit, take advantage of that offering. Having your paycheck directly deposited into your savings or checking account can eliminate some unnecessary spending, and your bank may even waive monthly fees if you have a certain amount of money directly deposited into your account each month.

- Get creative with kid care. According to a report by the National Conference of State Legislatures, concerns about child care cause more problems in the workplace than any other family-related issue. Child care can be quite expensive. If your employer does not offer on-site child care, find out if a parent or another family member can

care for your child at no cost.

- Bring your lunch. Bringing your lunch to work each day can save you a considerable amount of money. Limit lunches out to one day per week.

- Enroll in pre-tax savings plans. Explore the various programs that enable you to set aside pre-tax dollars for expenses like child care, medical expenses or commuting costs. A certain portion of your paycheck is withdrawn before it is taxed, saving you money when it comes time to file your income tax.

- Share your commute. Carpooling is an easy and economical way to get to work. Split the expenses with your coworkers who

live nearby. A company carpool can save you money on fuel and add years to the life of each participant's automobile.

- Shop smart. Take advantage of sales or shop consignment stores when supplementing your work wardrobe.



**Space Coast Feline Network**

Friends of feral and abandoned cats

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

To meet this mission, spay/neuter clinics are held monthly alternating between the South Animal Care Center (SACC) and the SPCA in Titusville. Every 3 months, an afternoon clinic is held at Animal Medical Clinic in Melbourne. Volunteers perform all tasks at clinics except the surgery which is performed by a veterinarian.

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

**Helpline Monitor | Spay/Neuter Clinic Volunteer  
Trapper | Foster or Kitten Care | Clinic Transporter | Publicity  
Feeder at Mims' Sanctuary | Fundraising | Clerical/computer skills**

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

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





# HOW TO SNIFF OUT SPEAR PHISHING SCAMS

## SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



### Crypto ransomware, such as CryptoWall, uses a variety of methods to trick victims

into clicking on malicious links or into opening rigged file attachments. One of those methods is referred to as 'spear phishing' because the hackers use information about you to make the message seem more legitimate.

'Social engineering' techniques, like spear phishing, continue to be a hacker's preferred method of gaining unauthorized access to your computer: Why spend endless hours trying to hack in from the outside when it's so much easier to trick a human into allowing you in?

We've all experienced and can identify the obvious phishing scams that are so common. Whether it's an alert from a bank we don't have an account with or a retailer that we've never purchased anything from, we tend to know better. But spear phishing is a targeted scam message from a bank or organization that you actually do business with and often comes from what appears to your place of work.

Hackers know you get e-mails from your company all day long, so sending you a message that appears to be from your HR department or a co-worker is more likely to get opened. As an example, if you got a message from the owner or CEO of your company with news that the company was being acquired, wouldn't that concern you? You would probably open the attached 'announcement' document without even thinking about the dangers (this actually happened at one company).

Think about how much useful information exists about you, your work and the things you like to do from sites like LinkedIn, Facebook, and Twitter. It wouldn't be hard to craft a personalized message that appears to be relevant. If you got an email message from what appeared to be a co-worker saying they had found an awesome viral video or a concert event for an artist you like, you'd probably click on the link without thinking twice.

Remember, with all of the things on your computer that can be exploited if you don't keep it up to date, all it takes is one

click of the mouse for a silent attack to occur.

Here are my suggestions for sniffing out company-based spear phishing attempts:

- Read the entire message and pay attention to the salutation, grammar, and punctuation before clicking or opening anything -- when something seems different from regular communications, be suspicious.
- Look for the standard signature at the bottom of the message; if it's not there, be suspicious.
- If the message came with a link, don't click on it but hover your mouse over it to see if the displayed address and the actual destination match. When they don't, you'll know right away that something's phishy.
- Go old school and pick up the phone to ask the person listed as the sender to verify that they actually sent the message. (Don't reply to ask as it could cause your co-worker to click on the malicious link!)

- Your IT department should setup a Sender Policy Framework (SPF) on the company mail-server to detect email-spoofing attempts from unauthorized outside domains.

Today's clever e-mail scams require that you take the 'guilty, until proven innocent' approach to everything in your Inbox.

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# Sweet, Sweet Candy History

**Halloween is as much about candy as it is about dressing up in fun costumes** and engaging in scare tactics.

Humans have loved their sweets for centuries. Early human beings made candy out of honey by drying it and forming a taffy-like confection, while many modern incarnations of candy involve dissolving sugar into water or milk to form a syrup. Candy is then made by varying the temperature of the syrup and the sugar concentration to achieve desired textures. The word "candy" is derived from the Arabic "quandi," meaning "made of sugar."

Candy also often refers to chocolate bars and other treats that people find so delectable. Ancient Mayans and Aztecs were the first to experiment with the cocoa bean, the cornerstone of chocolate confections, in the 1500s. However, their chocolate drinks were bitter and not the sweet delights we've come to associate with chocolate. It wasn't until the 19th century that innovators began mixing cocoa with sugar to create chocolate bars. Joseph

Fry is credited with making the first chocolate bar in 1847, using bittersweet chocolate. Milk chocolate came later, in 1875, when it was introduced by Henry Nestlé and Daniel Peter. Milton Hershey began producing sweet chocolate in 1894.

Hershey bars, Nestlé bars and many other original candies are still in production today. Tootsie Rolls and Charleston Chews are other classic candies still produced. Good & Plenty debuted in 1893, making it the oldest branded candy in America. NECCO company Wafers were officially branded in 1901 and are another classic treat consumers can still find in the candy aisle of their nearest grocery store.

Smarties is another candy that's bound to show up in trick-or-treat bags this Halloween. Smarties have been owned and operated by the same family since 1949. The Ce De Candy Inc. factory opened up in August 1949 in Bloomfield, NJ, and produced a candy that would not melt in the heat.



Smarties are a favorite all over North America and elsewhere. When demand is too high for the NJ factory, particularly around Halloween, Smarties are also produced in a Canadian factory in Newmarket, Ontario. Smarties imported to the United States are still called Smarties. However, Smarties sold in Canada are known as "Rockets," as another candy sold in Canada already bears the Smarties name.

Halloween wouldn't be nearly as sweet without troves of candy treasures. Children are urged to have their candy sorted and inspected by parents prior to eating to avoid any dangers, such as food allergies or tampering.

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*-James McManus, M.D.*



**Dr. McManus invites you to explore  
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**[www.YouTube.com/TheEyeInstitute/Playlists](http://www.YouTube.com/TheEyeInstitute/Playlists)**

*This information is brought to you by Dr. James McManus  
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## Eye Care Enters The Digital Age... Connect With Your Cataract Surgeon...

The digital age is upon us. Long gone are the days when people went to the phonebook to look up a telephone number or to receive additional information.

Many of today's active seniors are internet savvy, and can frequently be seen throughout our community using their smartphones and computer tablets.



**James N. McManus, M.D.**

"I wanted to reach out to my patients in a personal and sincere manner, to help provide them with all of the information that they wanted, so that they can make fully informed decisions regarding cataracts and cataract surgery," explains Dr. James N. McManus, Cataract Specialist at The Eye Institute for Medicine & Surgery. "I wanted not just to be their eye physician and surgeon, but also a reliable source for accurate, up-to-date information on many topics related to eye care."

"It is for these reasons that I envisioned The Eye Institute having its own YouTube Channel, where people could have access to medical educational videos 7/24 that answered the most frequently asked questions directly and clearly," adds Dr. McManus.

Many of the people seeking information on cataracts or glaucoma may be experiencing visual loss and having to read a brochure or some other written material may pose quite a challenge. For many people these videos are the right solution to a very real problem.

"Dr. McManus's videos are between approximately 30 seconds and one and one half minutes long, but in this brief time period, a great deal of information is conveyed to our patients and people throughout our community and anywhere in the world," states Jerry Orloff, CEO of The Eye Institute for Medicine & Surgery.

"What better source for this information than the surgeon personally explaining the details directly to you," adds Mr. Orloff.



**QR Code**

While people can navigate to The Eye Institute's YouTube Channel at [www.youtube.com/theeyeinstitute](http://www.youtube.com/theeyeinstitute), they can also scan a QR Code on their smart phone or tablet to access this information. According to [nbcchicago.com](http://nbcchicago.com), QR Codes provide "easy connections and intersections between the physical world and the virtual world we carry around in our pocket."

Presently, The Eye Institute's YouTube Channel has over 30 videos... Hundreds more are forthcoming. Topics currently available include cataracts, glaucoma, low vision, and hearing loss. Future topics will include macular degeneration, diabetic eye disease, dry eyes, corneal diseases and double vision.

"While The Eye Institute has always strived to stay at the forefront of eye care and eye surgery, we realize there is a similar need to enter the digital age and bring information to our patients via the internet in a way that is informative, user friendly, and enjoyable to watch," states Dr. McManus.

*Source: <http://www.nbcchicago.com/blogs/inc-well/Why-You-Should-Use-QR-Codes-Really-205236601.html#ixzz2zcZhetmA>*



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Sudoku answer key will be provided at [SpotlightBrevard.com](http://SpotlightBrevard.com) the 20th of each month. Website/on our Menu Bar/Spotlighted/Sudoku Contest/Answer Key

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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# The History of Columbus Day

Columbus Day celebrates the landing of Christopher Columbus in the New World in 1492. Though it did not become an official holiday in the United States until 1937, Columbus Day was celebrated in various places throughout the country as early as the 1700s.

Established as a federal holiday in 1937, Columbus Day commemorates the explorer's arrival in the New World on October 12, 1492. Though Italian, Columbus had difficulty securing financial support for his exploration, ultimately being backed by King Ferdinand and Queen Isabella of Spain. Despite sailing for Spain, Columbus is still a revered figure among Italian-Americans, many of whom see Columbus Day as a time to celebrate both the famed explorer and their own heritage.

Upon departing on his voyage, Columbus intended to sail west to the spice islands of Asia. But that route never materialized, and upon landing in the Bahamas, Columbus became the first European to explore the Americas in centuries.

In spite of landing in the Bahamas, Columbus still thought his voyage was on course for China and the

spice islands of Asia, and soon after landing in the Bahamas, Columbus spotted an island he believed was China. But the island Columbus sighted was, in fact, Cuba, which the expedition discovered shortly before it found Hispaniola, an island in the Caribbean Sea that would become the first European colony founded by Columbus on his voyage.

Though Columbus returned to Spain a hero in 1493, it would not be until his third journey that the explorer would realize he had not, in fact, reached Asia but instead had discovered a continent previously unknown to Europeans.

The first celebration of Columbus Day in the United States took place in New York in 1792. The event, organized by the now-infamous Tammany Hall, commemorated the 300th anniversary of the explorer's discovery. That initial event inspired both Italian and Catholic communities in the United States to organize ceremonies and parades in Columbus' honor, traditions that continue today in various cities, including New York.



By 1937, the Knights of Columbus, a fraternal organization of considerable influence, successfully lobbied President Franklin D. Roosevelt to proclaim Columbus Day a national holiday. Columbus Day was originally observed on October 12, but in 1971 the holiday was switched to the second Monday of October.

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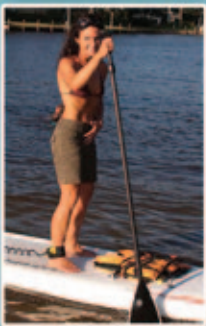
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# HALLOWEEN Safety

**Halloween is right around the corner** and with that comes an exciting time for you and your family. Here are some tips to have a fun and safe Halloween this year.

Plan for costumes that are bright for easy visibility; consider adding reflective tape to costumes and trick or treat bags. When purchasing costumes, wigs or accessories ensure that they are clearly labeled flame resistant. Do not use decorative contact lenses without a prescription or previous eye exam; improper-fitting contact lenses can cause pain, inflammation, infection and other serious eye disorders. Always obtain flashlights with fresh batteries for children. Instruct children how to dial 911 in case they have an emergency or become lost.

Make sure to keep your home safe for trick-or-treaters; remove from the front



porch or yard anything a child can trip over such garden hoses, toys and bikes. Make sure to check outdoor lights and replace burned-out bulbs. Finally, make sure to restrain pets so that they do not accidentally harm any trick-or-treaters.

A parent or responsible adult should always accompany children on their trick-or-treat rounds. If older children plan to trick-or-treat alone, make sure to review their planned route and agree on a reasonable time to return home. Instruct children to only go to homes

*by Cesar R. Mejia, M.D., Pediatrics*

with a porch light, and never enter a home or a car for a treat. It is a good idea to stay in a group and always use sidewalks as pedestrian injuries are the most common for children during Halloween.

Having a good meal prior to trick-or-treating will prevent children from filling up only on Halloween treats. Always consider purchasing non-food treats such as pens, pencils and coloring books to distribute. Wait until children are home to sort and check treats; a responsible adult should always closely examine all treats and throw away any spoiled, unwrapped or suspicious appearing treats.

If you follow the aforementioned recommendations, you and your family should enjoy this Halloween season with no problems.





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**The world offers abundant material goods;** things beautiful and luxurious; interesting and fun. And there are many who tenaciously seek after them. We brought nothing into this world, and we can take nothing out, but there are some who spend their entire lives collecting and storing, and even lusting after what are, at the end of the day, just things. Even Christians sometimes get caught up in the quest for earthly goods, moving these pursuits to the forefront of their lives instead of God.

Nearly 3,500 years ago, Moses warned the children of Israel about this very thing: "For when you have become full and prosperous and have built fine homes to live in, and when your flocks

and herds have become very large and your silver and gold have multiplied along with everything else, be careful! Do not become proud at that time and forget the Lord your God..." (Deuteronomy 8:12-14). If we substitute "money" for "silver and gold", and "cars" for "flocks and herds", he could be talking about us right now!

Those who come to salvation through the blood of Jesus Christ have eternal life in heaven. We cannot take the things of this world with us into eternity, but there are things that we can "store up"; treasures that cannot be destroyed or stolen, according to Jesus in Matthew 6:19-20. Those treasures are good works. They are the uses of

our time, our money and our talents, and these things do bring eternal rewards. Good works do not earn us salvation, but in fact, we were created in Christ to specifically do the good works that God prepared for us in advance (Ephesians 2:10).

No doubt some of us are already thinking about and planning for the upcoming Christmas season; perhaps even setting some money aside for Black Friday sales. Many, many people go into debt every year at Christmastime. There is always some new and "improved" thing to buy, and this has become so prevalent that some folks

literally become enraged if they don't receive the gifts that they wanted and counted on. Last year, a website posted a long list of breathtakingly vile and angry tweets and Facebook comments by teenagers who did not get the latest gadget. One girl even had a tantrum and smashed her father's television, all because she did not get the cellphone she wanted!

Maybe this is the year that we can change our focus to "good will toward men." Donate time and money and energy to those more in need than we ourselves. Even children can get into the act. Ask them to round up last year's toys that they aren't using, and donate them. After all, they will need space to store their new gifts, won't they? And why stop there? Why not enlist extended family and neighbors to get into the swing of things, too? Times are hard, so could we pledge to limit ourselves to a small personal gift per person instead of mounds of gifts under the tree this Christmas, then donate the extra gifts, or money saved, to the sick, the poor, and those less fortunate?

Because when you think about it, doesn't it make you feel good to help someone else? And best of all, this good feeling can be a gift to us not only this Christmas, but each and every day of the year, just by reaching out with a helping hand. This is a shining example of an eternal gift, stored in heaven, and for which we will be rewarded. "For the Son of Man will come with his angels in the glory of his Father and will judge all people according to their deeds." (Matthew 16:27).

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# Getting the Signal Over the Noise

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care



**Pat Ripton's hearing is a lot like mine.** He hears practically normally in the low frequencies, then drops like a stone in the highs. He got that way during an active life, well lived, but exposed to a lot of noise, whether on the job as a union plumber, or at the pistol range, hunting, or exposed to other equipment noise Pat's ears have been exposed to a lot, and are showing the wear because of it.

Which means that, like me and most of the folks who have this kind of hearing loss, he can fool you into thinking he has no loss at all, when you are talking one on one, in a quiet environment. But, like most of us with such a ski slope hearing loss, put us in a noisy environment, and we get lost pretty quickly. Oh we can hear. We know when someone is talking to us. But, we just can't understand, as the upward spread of low frequency background noises begin to mask out and interfere with our ability to pick that voice we want to follow out of the background buzz.

This type of loss becomes particularly noticeable, and increasingly frustrating the more active you are. That was the situation presented when Pat and Marie Ripton came into our store. It was their anniversary, and Marie was tired of having to repeat things, or have Pat ask her what was going on.

After a few minutes it was apparent that Pat and Marie live very active lives. Being members of the Elks, Masons, Shrine, Hibernians and Moose, meant that Pat often found himself in meetings, or get togethers that were very difficult and increasingly embarrassing for him to follow what was going on. Due to their very busy lifestyle, I recommended that we fit Pat with a set of Siemens 7 mi hearing aids. Their best in class performance in noise, forty-eight channels of real time processing and frequency compression features would allow for us to give Pat an experience in noise that would put him right back in the thick of things, without missing the punch lines, or important points in the meetings he attended.

We also found out that Pat was having difficulty hearing on his cell phone, so we set him up with their award winning Mini Tek Bluetooth adapter which allows Pat to stream not only his cell phone calls, but his iPhone, and Sirius Satellite radio while in his truck, or motor home.

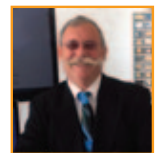
Now, not only is Pat hearing those things he was missing in all of those social situations that he was having difficulty in, he enjoys hands free cell phone calls, and stereo separation in his music that simply has to be experienced to be understood. We are even fitting Pat with a set of custom molds that will allow him to use his hearing aids while

he is on the pistol range, due to their superior noise control and fast response.

So, if you, or a loved one has been missing those fun things in life due to a high frequency, or any other hearing loss, we can help. We'll be happy to arrange a no obligation hearing screening, and demonstration of the latest in advanced signal processing equipment designed to enhance your listening experience. Find out for yourself just how great music, parties and those places you've been having difficulty sound using the latest our industry has to offer.

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# Spotlight Crossword Puzzle



## clues ACROSS

1. Pottery brand
6. Contemporary hit radio
9. Tatouhou
13. Modeled
14. Whale ship captain
15. On \_\_\_ with
16. Dirty fossil fuel
17. The same
18. Wealthy
19. Actress Baranski
21. Bangladesh's capital, old
22. Gross receipts
23. Runs PCs
24. Yukon Territory
25. Angry
28. Have the ability to
29. City of light
31. Person from U.K. (abbr.)
33. Helper
36. Walking steps
38. Cablegram (abbr.)
39. Slang for famous person
41. Skin cancers
44. Body fluids
45. More dry
46. Roman seven
48. Actress Farrow
49. 1st Lady of Song's initials
51. Disorderly crowd
52. Less in spanish
54. Br. broad valleys
56. Good Wife's Julianna
60. Expression of annoyance
61. Blocks
62. 4840 square yards
63. The culminating point
64. Hit an unreturned serve
65. Excessively fat
66. Scorch the surface of
67. Dekaliter
68. Ruhr River city

## clues DOWN

1. Prevents harm to young
2. Children's tale bear
3. Eskers
4. Small food stores
5. \_\_\_, denotes past
6. Mentums
7. Gadoid fish
8. Rainbow effect
9. Live in or on hosts
10. Long narrative poem
11. Informal term for tobacco (Br.)
12. One who has attained nirvana
14. One who estranges
17. Collection of maps
20. Pouchlike structure
21. Simple column
23. Constitution Hall org.
25. Apple notebook computer
26. Biblical Syria
27. Cuts into small pieces
29. Talked profusely
30. Hawthorne's city
32. Takes readings from other distant instruments
34. 13th Hebrew letter
35. Filippo \_\_\_, Saint
37. Gulf of, in the Aegean
40. Bleat
42. A bird's beak
43. Performs a song
47. Note of hand
49. Icelandic poems
50. Ludicrous, empty show
52. Peter Pan illustrator Attwell
53. Broad, flat stones
55. Tibetan Buddhist teacher
56. Mire and mud
57. Frozen drinks
58. Irish Gaelic
59. Viewed with the eyes
61. Blackguard
65. Olde English





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If you're ready to start feeling the immediate benefits of quitting tobacco, sign up for a free

Quit Smoking Now class. The Central Florida Area Health Education Centers (AHEC) and Florida Department of Health, in partnership with Health First, are providing free five-week classes this fall. You could be tobacco-free by Thanksgiving.

Despite the name, the classes cover all forms of tobacco use. Participants receive free nicotine replacement patches, gum and lozenges while supplies last and if medically appropriate. The program also offers free community, worksite and clinic groups.

There will be three sessions starting in October at the following locations:

**Mondays from October 13 to November 10 at Health First's Palm Bay Hospital in Palm Bay.**

**Wednesdays from October 15 to**

**November 19 at Health First's Holmes Regional Medical Center in Melbourne.**

**Thursdays from October 16 to November 13 at Health First's Cape Canaveral Hospital Medical Plaza in Cocoa Beach.**

To register or to learn more, call Central Florida AHEC at 1-877-252-6094.

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

S	P	O	D	E		C	H	R		P	E	B	A	
P	O	S	E	D		A	H	A	B		A	P	A	R
C	O	A	L		A	L	I	K	E		R	I	C	H
C	H	R	I	S	T	I	N	E		D	A	C	C	A
		S	A	L	E	S		D	O	S		Y	T	
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# Cold/Flu Season is Here. Prevention is the Key.

**By now you most likely have family or friends suffering from colds or flu.** I do believe in prevention (immune system building) and Natural Supplements to alleviate symptoms. For prevention start with the next 4 supplements and if you have the flu or a cold take the therapeutic dose.

**1. A good Multivitamin** is always recommended even by medical doctors today. Make sure it has ample supply (100% RDA) of vitamins and minerals.

**2. A good Probiotic.** I prefer a 12-15 billion multi-strain probiotic. Keep in mind that 70 percent of the immune system is in the gut. Clinical studies suggest that probiotics may help prevent viral respiratory infections by modulating the immune system.

**3. Vitamin C.** In order to protect against viral infections (cold / flu), the human immune system requires a sufficient daily intake of vitamin C. Prevention -1000mg. daily Therapeutic - 5000-20,000mg administered before or after symptom onset have been shown to reduce cold and flu symptoms. Reduce high doses if diarrhea occurs.

**4. Vitamin D** is deficient in as much as 40% of Americans, and studies show it reduces viral infections. Prevention 1000-2000IU daily. Therapeutic 4000 to 5000 IU Other supplements with positive clinical studies.



**5. Andrographis.** A medicinal herb used among Asian cultures for centuries. Studies have shown it enhances immune function and speeds flu recovery. Prevention 400 mg daily Therapeutic - up to 2400 mg.

**6. Beta-Glutan** studies show it increases host immune defense and natural killer cell function. Prevention - 100 mg daily, Therapeutic - up to 600 mg

**7. Garlic.** Aged extract has long been hailed for its healing powers, especially against infectious diseases like cold and flu due to its immune boosting effects. Prevention – 900mg daily Therapeutic – up to 3600 mg.

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