

COMPLIMENTARY
february 2015

spotlight

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MAGAZINE

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**Grant
Seafood Festival**
February 28th-March 1st

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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

February is the shortest month, and hopefully the most romantic time of the year.

Candy and Valentine's Day cards will be flying off the shelves and delivered into the hands of the ones we love. Even though these cards and sweets are traditionally the norm, how about trying something a little different or doing something spontaneous this year?

February 14th falls on a Saturday this year, so maybe a quick weekend getaway or even an overnight stay somewhere would be a good plan. Even if you don't travel far, this could prove to be the arrow in Cupid's bow!

On this month's front cover of Spotlight, we are highlighting the Grant Seafood Festival's 49th year. What sets this seafood festival apart from others is that it is a 100% volunteer effort! All preparation, whether it be on the grounds or with the purchasing, cooking or serving the various menu items, is accomplished totally by volunteers from the community. All booths are run by volunteers; many worker groups are made up of family members, often times having several generations working along side one another. It is this complete volunteer effort that makes the festival unique. This total commitment from the community and all the volunteers make the Grant Seafood Festival a time honored tradition unlike any other.

I will be at the festival again this year, taking pictures for next year's 50th Anniversary celebration. I look forward to seeing you there!

Until next month, Happy Valentine's Day!,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION

February 2015 | Volume 18 | Issue 02

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ON THE COVER
Grant Seafood Festival
Timmy Marshall & Carla Simmons



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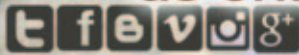
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WHAT'S THE BIG DEAL ABOUT THE BIBLE?

by Jim Campbell, First Baptist Church of Melbourne

The Bible is always a polarizing thing. For some, it's an ancient book of rules and regulations. For others, it's the Word of God, and for even others, it's borderline "hate speech". Christians are called "hypocrites" for not following it (and rightly so), yet in the same breath, be called the same thing if they actually do. It can cause a controversy in a minute and be the source of wisdom that pulls a decade old shattered relationship from the dumper.

The Bible is a compilation of 66 books written by 40 different authors over a period of 2000 years, on three continents in three different languages. So how is God the Author? The Bible deals with that itself, as the Apostle Peter writes saying that the people who wrote the Bible were moved and inspired to write every word by the Holy Spirit.

You might think that God used a bunch of scholarly preachers wrote it all and you would be wrong. Among the people who were inspired to write parts of Scripture were shepherds, kings, fishermen, servants, prophets, and even a military general and a priest...some learned and some not. What's intriguing is the way God was able to continue His theme throughout the entire compilation of works. Keeping one theme through an article for me can be challenging, but to keep it consistent through all those writers with varying levels of skill and intellect is nothing short of amazing. That's a better coaching job than taking three children from the 4th grade basketball league at the Y and winning the NBA championship with them alone.

One way that I like to look at the Bible is in this way. It is how God tells us what He expects from us and what we can expect from Him. In fact, in Psalm 119, the writer tells us that it applies to everything. It claims the ability to ensure our right decisions, keep us safe, provide direction, grant wisdom, help



us avoid worthless things, give us life, protect from negative emotions, give sound financial advice, provide peace, center us in times of distress and even answer a critic...and that's just scratching the surface. In fact, Psalm 119 is 179 verses long and every verse talks about God's Word and what it is to us. It even explains itself if we actually listen to it. It is success in written form and as invaluable to a Christian's survival as food is to a human's survival.

To call the Bible a book is far greater understatement than calling the sun simply a circle. It is a living communication that never changes yet expands to accommodate and explain every situation you could encounter, even situations that its writers couldn't have possibly imagined.. When you read a passage and return to read it again, it could communicate a completely new concept without ever changing what it says one iota. That sounds pretty amazing, huh? Well, that's what makes it such a big deal..

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.

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The human body is anywhere from 55% to 78% water, depending on body size. A rule of thumb: 2/3 of the body consists of water and, obviously, it is the main component to the human body. Your tissue and organs are broken down as follows:

- Muscle consists of 75% water
- Brain consists of 90% water
- Bone consists of 22% water
- Blood consists of 83% water

The function of water in the human body vital in that it:

- Transport nutrients and oxygen into cells
- Moisturizes the air in lungs
- Helps with metabolism
- Protects our vital organs
- Helps our organs to absorb nutrients better
- Regulates body temperature
- Detoxifies
- Protects and moisturizes our joints

Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. For example: the brain consists of 90% water and if you do not supply enough water to your body, your brain cannot function well and you can get headache or migraine.



Hence, next time you feel fatigue and / or get a headache, it may be a sign of dehydration.

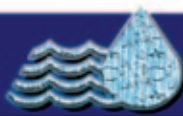
You will be amazed of the benefits of drinking water as follows:

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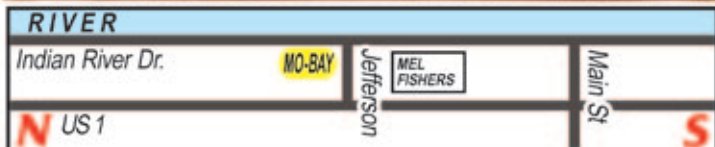
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Who would have thought that a small community fish fry for about 200 people would still be here 49 years later as a major seafood festival and now serving nearly 30,000? We have gone from serving a



traditional fried fish dinner of fish, hush puppies, cole slaw, and baked beans to having over twenty food booths serving over 30 different varieties of seafood, along with food for landlubbers too.

We always try to keep a good variety of choices to choose from and we occasionally add new items, like last year we added crawfish, which was very popular. This year we are introducing another new item ... Beer Battered Mahi Bites ... which will be served from the 'Bites' Booth on the west side.



The Grant Community Club is still operating the Grant Seafood Festival with all community volunteers from preparing the grounds, which started the first Saturday in January, from putting up building signs, repainting, setting up the booths to preparing, cooking and serving all the food and drinks.

Along with all the delicious choices of food, we have an arts & crafts area with over 100 exhibitors, a community service area, the Grant Historical House tent, a library book sale, a small playground for the kids, and continuous entertainment plus we will have a tent displaying information and photos on the history of the Grant Seafood Festival.



historical home on US1), the Grant Cemetary, children's parties throughout the year, neighborhood block parties, assisting residents in need, and providing nearly \$45,000 annually in school scholarships to our residents and volunteers.

We are still a small town .. caring for our residents, giving to our community and remembering how we began.



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ADDICTED? Now is the Time to Recover

By Dr. Kevin Kilday, PhD, DNH

Anybody who uses drugs or alcohol can become an addict. Most people still think that the homeless looking person on the corner begging is the addict. This mindset is totally wrong. Any nationality, anybody at any age, can become addicted.

People can get addicted to all sorts of substances (alcohol, illegal drugs, medications, cigarettes, and even certain foods!) Drugs like crack or heroin are so addictive that they might only be used once or twice before the user loses control.

Addiction can begin as recreational use or as substance abuse but the person crosses the line between abuse and addiction when the person is no longer trying the drug to have fun or get high, but has lost control and no longer feels like there is a choice in taking a substance.

Physical signs of addiction include: feeling shaky or sick when trying to stop, needing to take more, changes in eating habits, weight loss or gain, excessive energy, rapid heart rate, elevated blood pressure, rapid breathing, irritability, impulsiveness, aggression, nervousness, cravings, fatigue, nausea, vomiting, insomnia, muscle pain, headaches, stomach cramps, diarrhea, sweats, flu like symptoms, seizures and possible heart failure. Sharing needles can result in HIV/AIDS or hepatitis.

The holistic approach (rebuilding the mind, body, and Spirit) is the best program of recovery with the greatest chance of success. I will cover only the Rebuilding of the Body in this article. Start with seeing your personal Doctor about your intentions. Have your Doctor gradually detox you or go to a detox facility. Once the substance is



out of your system that is where body rebuilding begins.

The need for good food (a recovery diet), light exercise (walking is best), supplements (a good multi-vitamin, fish oil, vitamin D, vitamin C, a B complex, a probiotic and magnesium), and restful sleep (magnesium will help with sleep) are most important.

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HEART HEALTHY: HOW CHIROPRACTIC TREATMENTS CAN HELP

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



Heart Disease continues to be our nation's number one killer and is the greatest burden on our health care system today, costing the United States billions of hard earned dollars each year in health care costs. We are all probably aware that maintaining a healthy diet and exercising are key factors in preventing heart disease, but did you know that chiropractic treatment may also be used to fight heart disease? [HYPERLINK "http://belviderechiropractic.com/events/how-does-chiropractic-care-help-your-heart-february-is-american-heart-month/"](http://belviderechiropractic.com/events/how-does-chiropractic-care-help-your-heart-february-is-american-heart-month/) Research has shown that "Chiropractic adjustments to the upper part of the neck can have a positive effect on significantly lowering your blood pressure for an extended period of time." While other studies have shown that adjustments of the bones in your neck and lower back can stimulate particular nervous system reflexes, causing a decrease in overall heart rate and blood pressure. Here are just a few of the things chiropractic care can do to help maintain heart health:

EDUCATE YOURSELF

In the fight against heart disease, one of the the best things to do is become educated about how to prevent heart disease, what causes it, and how to combat and recognize various symptoms. Your chiropractor will be able to give you valuable information and come up with a plan to maintain your heart. Apart from performing adjustments, your trained chiropractor is also there to provide information pertaining to your overall health, diet, and exercise. Your chiropractor can provide the support and guidance that you need to change and apply new health strategies.

RELIEVE STRESS

Pain is one of the main factors of stress. Of course genetics play a part in heart health, but stress, sadly is truly a killer. We all know that stress affects our heart health enormously, lowering our immune system, and manifesting poorly with regards to our overall health. Adjustments to relieve and prevent pain caused by accident or injury can decrease stress levels and lower blood pressure, leading you towards the path to better heart health.

BOOST IMMUNITY

Chiropractic care can increase vitality, boost immunity, relieve a variety of musculoskeletal ailments, and strengthen the [HYPERLINK "http://www.naturalnews.com/034760_chiropractic_heart_attacks_blood_pressure.html"](http://www.naturalnews.com/034760_chiropractic_heart_attacks_blood_pressure.html) heart and cardiovascular system for both men and women. A stronger immune system naturally means a stronger, and healthier heart. Because it is important to recognize the symptoms of a heart attack, regular visits to your chiropractor who is trained to diagnose and look out for specific ailments and symptoms could quite literally save your life!

ADJUST YOUR THINKING

Chiropractic adjustments can correct vertebral subluxations, which interfere with normal nerve and body function, but that's not all! Because chiropractic care is a drug-free approach to healing, you will find yourself adjusting your way of thinking when it comes to your health. The wealth of knowledge that your chiropractor has with regards to pain management and nutrition will have you changing your life for the better in no time.




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LOVE...

by Matt & Keri Hastings, Pastors, Tullahoma, TN
for Larry A. Attig, Pastor, Melbourne First Church of the Nazarene

If you are a grandparent, you know the ups and downs of spending time with the grand kids. The ups are just that ...enjoying their presence, their laughter, cherishing their hugs. The down side are the movies with the catchy songs that you find yourself singing days after they have all gone home. I'm pretty sure Little Mermaid and Princess Bride were the cause of having to replace our DVD player.



wifin a dweam... And wuv, tru wuv, will fowow you fowevea... So tweasure your wuv.

Miracle Max described love this way: True love is like a sandwich. It is the greatest thing, in the world-except for a nice MLT – mutton, lettuce and tomato sandwich, where the mutton is nice and lean and the tomato is ripe.

I walked into the room when the clergyman was talking about marriage, I admit I laughed. Just in case you have been strong enough to leave the room, the dialogue went like this: Clergyman: Mawage is wot bwings us togeder today. Mawage, that bwessed awangment, that dweam

Here are a few more

definitions of true love:

- True love is the best thing in the world, except for cough drops love is a journey not a destination
- Love is blind
- Love is never having to say your sorry
- Love is the only force capable of transforming an enemy into a friend : Martin Luther King
- Love is when the other person's happiness is more important than your own Love doesn't make the world go 'round. It is what makes the ride worthwhile

Those are good, but here is still the best definition.

If I possessed all knowledge, if I had such faith that I could move mountains, but didn't love others, I would be nothing. If I gave everything I have to the poor, but didn't love others, I would have gained nothing. Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

Three things will last forever—faith, hope, and love— the greatest of these is love. 1 Corinthians 13:2-13

The real question is not are you being loved, but are you loving?

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"No one can force another to come to Christ..."



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

Dear Val,
I've recently reconnected with an old childhood friend through Facebook. We attended parochial elementary and high school together. We met for lunch, at a popular restaurant, and she offered to say grace. I don't know who—or what—she was praying to, but Jesus' name was never mentioned. When I asked her to explain, she said she's still a Christian but she finds beauty in all faiths so she embraces many elements from each. She believes its okay as long as Jesus comes first. Since then, I've been to her home, and it's a crazy mix of: Buddha, Hindu, New Age, Christian, Muslim and others which I don't recognize. I need to better understand, where she's coming from, so that I can steer her in the right direction.
-Connie of Viera

Dear Connie,
Your friend has embraced a practice known as, "syncretism," which is fusing, or combining, different religions, or philosophies, together. It inevitably changes the Gospel, the very heart of our understanding of God and His plan for our salvation. Christianity's basic system of belief must not be changed, for Jesus made it very clear that salvation and relationship with God only come through Him: "I am the way, and the truth, and the life. No one comes to the Father except through me" (John 14:6).

One example of this practice is Voodoo, as practiced in Haiti and Louisiana as well as other Haitian communities in Miami, New York, etc... This came about after slaves were brought to the "New World," and they were pressured to embrace Christianity. No one can force another to come to Christ...They compromised by incorporating rituals of the Roman Catholic Church into their own pagan beliefs. By blending polytheistic (the doctrine that there is more than one god, or many gods) with a superficial form of Christianity, Voodoo has effectively denied the supremacy of Jesus Christ and His work on the cross and the need for redemption solely through faith in Him.

Dear Val,
What does it mean, when the Bible says, "Satan masquerades as an angel of light"?
-Lexy of Palm Bay

Dear Lexy,
The correlation of darkness and light are metaphors for good and evil; therefore, people generally associate a being of light, as good, or pure. "This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all" 1 John 1:5 (ESV). When we are "in the light," we are with Him (1 Peter 2:9.)

In 2 Corinthians 11:14, scripture warns us, "Satan disguises himself as an angel of light," meaning that Satan takes advantage of this and uses it to deceive. "...He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies" John 8:44(NIV).

You may be asking yourself, how can I discern God's voice from Satan's? There's power in the words of God. Just as God's voice spoke physical light into existence; He speaks spiritual light into our hearts. Exposure to His voice – in His Word – will help us recognize the difference between the good light of God and that which is forged. And if the voice contradicts scripture, it's not from God. "Your word is a lamp to my feet and a light to my path" (Psalm 119: 105) and "The unfolding of your words gives light; it imparts understanding to the simple" (130).

(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.



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HAPPY VALENTINE'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



Zeppole was a big treat in my home growing up! It was made for holidays. If you want to have a "special dessert" for your sweet heart try making this. It is wonderful. May it bring a taste of love to you.

Let me know how you like it. Remember — Be Creative!

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

Zeppole

- | | | |
|-----------------------------------|------------------------------|--|
| 2 quarts vegetable oil for frying | 1 pinch salt | 1/2 cup confectioners' sugar for dusting |
| 1 cup all-purpose flour | 1 cup ricotta cheese | |
| 2 teaspoons baking powder | 1/4 teaspoon vanilla extract | |

Heat oil in a deep-fryer to 375 degrees F

In a medium saucepan, combine the flour, baking powder, salt and sugar. Stir in the eggs, ricotta cheese and vanilla. Mix gently over low heat until combined. Batter will be sticky.

Drop by tablespoons into the hot oil a few at a time. Zeppole will turn over by themselves. Fry until golden brown, about 3 or 4 minutes. Drain in a paper sack and dust with confectioners' sugar. Serve warm.

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Below are the charities that HVAC sponsored in 2014:
 Brevard Sharing Center
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 Women's Center
 Boys & Girls Clubs
 Serene Harbor
 Hidden Potentials
 Hospice of St. Francis
 Brevard Rescue Mission
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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:

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

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LESSONS FOR EVERYONE FROM THE SONY HACKS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

There isn't enough space in this column to cover all the lessons that can be learned from what continues to come out of the Sony Pictures massive hacking event.

The use of encryption is a big one because it can provide an excellent level of security even if cyber thieves make off with thousands of sensitive files via a compromised computer.

Anytime everyone has access to everything on a business network without any real security, hackers need only compromise one user to wreak havoc for everyone (the likely scenario in the Sony hack). Encryption acts as another security barrier that will generally cause the hackers to move on because of the time that it will take to break the encryption.

Encryption technology is built into most operating systems; Windows has BitLocker for workstations and servers (<http://goo.gl/N0vPuy> while Mac OS X has FileVault <http://goo.gl/4SpCBe> or you can use encryption programs from many third party companies.

But before you make any decisions to start encrypting your data, you really should review all of the options, pros, cons, security and backup measures to make sure you don't inadvertently lock yourself out of your own data. Encryption strategy needs to be thought through, so make sure you consult your IT support



group before you get started.

Another simple step that Sony could have taken to protect data was to create individual passwords for sensitive data files. Just about every type of business program you use has an option to password protect the individual files. Sony had 140 clearly labeled but

unprotected password files that contained thousands of private passwords, a hugely embarrassing technical faux pas!

First off, saving a file that has the word 'password' anywhere in the name is pretty much a magnet for hackers, but storing the information in plain text with no encryption or even a file password is crazy. Remember, hackers are very good students of human behavior, so scanning all files for the word 'password' is generally one of the first things they'll do after a break in.

E-mail has become such a liability from a security standpoint because it's the intrusion method of choice whenever a company is being targeted. Cleverly crafted emails can get even the most tech savvy users to fall for tricks.

Imagine getting a message that appears to be from your CEO announcing that the company is being acquired. If the message included a document that 'explained the acquisition process' and how it would 'affect your job', you'd probably open it without hesitation. To help employees easily sniff out fake internal e-mail messages, I've been encouraging businesses to consider alternative channels such as private Intranets, instant messaging or private social networks as the primary trusted resource for internal communications.

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1. What is the phone number for Furrow Plumbing

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4. Who has a new state of the art Car Alignment machine?

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6. What is the date for the Brevard Women's Expo?

7. Who is offering 10% OFF in their advertisement?

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I AM PROOF® is a 501(c)3 non-profit organization which offers a unique mentoring program geared towards boys ages 11 through 18. The program is FREE to all students.

I AM PROOF, Inc. is a Brevard County group mentoring program for preteen boys and young men and dedicated to guide youth to reach and fulfill their destiny. I AM PROOF recognizes that proving yourself to others and sometime to self is not always easy. Of course, having faith and self-determination while speaking positive affirmations encourages transformation, such affirmations include: I am ... smart, honest, intelligent, hard-working, a great athlete, and a graduate at the top of my class. However, I may sometime stumble because of life events, stress, overwhelming responsibilities, sleepless nights, etc.

Is it necessary to prove yourself to self and others? Yes. Sometimes because of circumstances beyond our control we have to find our way back from unpleasant experiences and once again prove who we say we are to our neighbors, family, teachers, and friends. I AM PROOF mentoring program for ages 11-18 is here to assist you, your parents, school, community, and others that want to see you accomplish your goals.

It is not necessary to go on your journey alone, join I AM PROOF, Inc., as a member, peer mentor, a volunteer, or an adult mentor to participate, and share your goals, accomplishments or life events that may have derailed your dreams and how you got back on track. Share your story with other young men on how you are PROOF that they can fulfill their destiny if they are willing to:

- Promote individual growth, with the inherent
- Responsibility for self and the decisions made
- Opportunity to determine the desired
- Outcome of our actions, through
- Faith and self-determination.

Here are some interesting February Facts. Did you know?

26 January – 1 February - National Drug Facts Week is a national health observance for teens to promote local events that use NIDA science to shatter the myths about drugs.

1 Feb 1958 - Explorer 1 was the first spacecraft successfully launched by the U.S. It orbited Earth every 115 minutes, 358 kilometers (220 miles) above the surface at its closest point and 2,550 kilometers (1,580 miles) at its farthest. It carried instruments to measure cosmic rays, micrometeorites, and its own temperature, transmitting this data until May 23, 1958.

14 February - Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death, he sent the first 'valentine' to his love when he wrote her a letter and signed it 'Your Valentine'. These words are still used on cards today.

1 – 28 February 1976 - African American History Month - President Ford urged Americans to "seize the opportunity to honor ... accomplishments of black Americans in every area of endeavor throughout our history." Benjamin Franklin and Fredrick Douglass' birthdays are also celebrated in February

February should also be recognized as the month Brevard County community partners' and youth organizations meet the needs of our disconnected youth. Now is the time to stop talking about what should be done in our communities and contact I AM PROOF to share your thoughts, coordinate meetings, collaborate, partnership, and volunteer as a mentors to teach boys to be men!

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“The I-Stent is highly effective, as it reduces eye pressure, 24 hours per day. By continually maintaining a healthy eye pressure, the risk of suffering a loss of vision due to glaucoma is greatly reduced,” reports



Dr. Darlington, who has performed thousands of ophthalmic surgical procedures. There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed his cornea and glaucoma fellowship at the prestigious Phillips Eye Institute, in Minneapolis.

Over a period of many years, glaucoma medications can cost thousands of dollars. Additionally there is often a burden placed on patients to place eye medications multiple times per day.

Jason K. Darlington, M.D.

“Patients and their families have a great sense of comfort knowing that the I-Stent is working to maintain a healthy eye pressure 24 hours per day, often times without the need for additional eye medications. Controlling eye pressure throughout the day and night on a continual basis leads to better long term results,” explains Dr. Darlington.

By reducing or eliminating the need for glaucoma medications many side effects such as redness, dryness, irritation, and excessive eyelash growth may also be eliminated. In my experience, the need for fewer medications makes for happier patients,” states Dr. Darlington.

“The vast majority of patients experience a dramatic improvement in their vision following cataract surgery overnight,” states Dr. Darlington, who utilizes the latest high technology lens implants and techniques when performing cataract surgery.

Dr. Darlington, who has extensive experience performing cataract and glaucoma surgery, as well as corneal transplants and refractive eye surgery, has performed research utilizing a double mirrored lens to facilitate the placement of the I-Stent at the time of cataract surgery. “The goal of my research,” states Dr. Darlington, “is to help ophthalmic surgeons all over the world to bring the I-Stent technology to their patients.”

My hope is that by doing so, we may help many thousands more patients enjoy a lifetime of good vision and spare them from suffering the debilitating effects of vision loss associated with glaucoma,” states Dr. Darlington, passionately.

Dr. Darlington is available to see new patients at his offices in Rockledge, Melbourne and Palm Bay. Consultations may be arranged by calling (321) 722-4443.



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

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Win a \$25 Gift Card to Nature's Market (pg16)

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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. 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**

Exploring the Connection Between the Heart & Love

Hearts and Valentine's Day are forever intertwined. One of the most recognizable symbols of love is the modest heart, and hearts adorn candy boxes and cookies while paper hearts are pinned to doors or windows as a symbol of Valentine's Day. Young valentines may share candy hearts printed with silly sentiments.

A symbolic heart bears no resemblance to an anatomical heart, and yet it is used to represent the deepest feelings of affection a person can share. Some may wonder just how the emotions of love became tied up in the shape of a heart, even though it's widely known that the brain, and not the heart, governs affections.

In ancient times, people believed that the heart was the center of all human emotions. Since the heart is prominently located in the center of the chest and the middle of the body, it became the cornerstone of human feelings. Love is considered to be one of the most profound and strongest

human emotions, therefore it was reasoned that the feeling must emanate from the heart.

Surprisingly, the heart has not always been the only organ associated with love. During the Middle Ages, the heart was deemed a useless organ. Followers of the Greek physician Galen theorized that the liver actually was the seat of the soul and love.

The first depictions of a symbolic heart date back to the 11th century, when the heart was drawn to resemble a pinecone held upside down with the point facing upward. The scalloped heart that is more familiar today first arose in the early 14th century. Around the same time, the heart was depicted with the point facing downward and the indentation at the base.

Naturally, as time passed and more was learned about human anatomy, it became obvious that



the brain was the seat of all emotion and thought processes. However, as the brain was something intangible in a living body in ancient times, and the beating heart could be much more readily monitored - with a pulse rate speeding up when a person is excited or aroused - it's easy to see how the link between the heart and love has endured.

Although the human heart is not bright red like symbolic hearts, that was the color chosen. Red has long been associated with passion, so it made sense to depict the heart in a bright red hue.

Many other theories have been offered regarding the symbolic heart and its representation of love. While there's no definitive correlation between love and hearts, the heart has become an accepted symbol of the emotion and the season of romance.

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- 7th **Groove Shoe**
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- 14th **The Strangers**
- 20th **Mo-Town Show**
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- 21st **Jazz Show 2pm -5pm**
with (Jazz Sybil 8pm - 11pm)
- 27th **AC/DC Metal Witch**
- 28th **AK 40**

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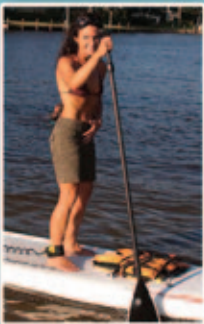
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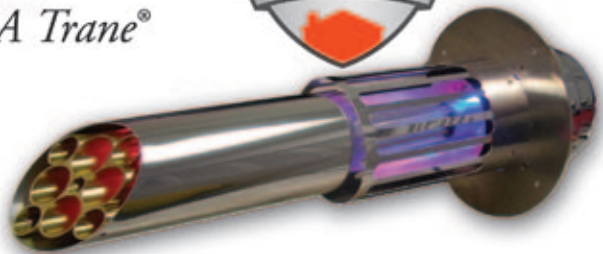
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Local Help for Space Coast Seniors



Dear Friends,

In August 2011, Helping Seniors of Brevard County was incorporated to educate seniors and caregivers while connecting them with available resources. We seek to complete rather than compete with existing non profits by making sure seniors get the care they need.

Having worked with elders for the past 25 years (and being elderly myself), I knew it would be challenging to start a new organization. We have persevered with our mission, though, for growing older without a support network is a daunting task. Already we have encountered senior needs that are not being met by current programs.

For example, many seniors need grab bars installed in their homes. There is a local non profit that will do this for little or no cost, but only if the requestor is a homeowner. Who will help the many frail elders who live in rental properties or in trailer homes, the ones who really need such a service? We also get calls when senior's homes are flea infested or when their roofs are leaking and no assistance is available.

Transportation is another big issue for the disadvantaged and disabled. Cab fare from Micco

to a doctor's off on Palm Bay Road is not a bargain at \$64, especially if you live on Social Security disability of \$700 a month. We do have Senior TranServe, Volunteers in Motion and Vets Driving Vets, but these trips may take several days to arrange. If you call Space Coast Center For Independent Living, you can get a Micco to Palm Bay Road trip starting at \$10. Plus, their vans are equipped with a lift for those who require wheelchairs and the driver will stay with you if you want.

In our short time serving elders in Brevard County, Helping Seniors has encountered a myriad of problems. Many of these problems can be solved with a little thought, careful listening, and research of available resources. What we hear most often is, "Please call me back." We do this through our Information Specialist, Kay Keyser, who can be reached at 321-473-7770 or at Kay@HelpingSeniorsofBrevard.org. In our first four months of this year we helped 172 callers.

In addition to building a network of affordable and honest service providers, we are establishing a senior endowment and senior advocacy group. We do not want another government agency solving our problems. Rather, we

envision seniors working together to define their needs and provide for them through a local funding instrument for seniors. Why should 44.6% of a senior's tax bill go to children's causes when there is no line item in the county for senior programs? Look at your tax statement and check my math.

If Social Security will not tide you over in retirement, what will? Imagine if the 162,000 seniors who live in Brevard each contribute a small amount yearly to an endowment for seniors. Now consider taking a percentage of that fund's annual growth to install grab bars, build ramps, fix leaky roofs and other needs – minimizing the anxiety of seniors who cannot pay for such repairs. I assure you that the current availability of such assistance is almost nonexistent.

We do not have all the answers but we can help chart our own future. Call Kay at 321-473-7770 and be part of the solution, not the problem.

Joe Steckler
President

*Helping Seniors
of Brevard*

571 W. Haverty Court
Suite W, Rockledge
321-473-7770

www.HelpingSeniorsofBrevard.org



80s in the Park

THIRD ANNUAL CELEBRATION 2015

80s in the park will be taking over the Melbourne Auditorium and grounds this August 28th - 30th, 2015 for our third flight into music history and bringing a host of 80s bands to Melbourne to revive your high school dazes. Headlining this year will be mega-chart topping rock and new wave bands along with amazing tribute acts and local cover bands to provide a full 80s radio experience.

The ticket holder will have a up scaled experience with our headliners inside the Auditorium and tributes and cover acts on the outside stage with the vendors and food court. We have added

more after parties for both VIP and reserved seat holders to enjoy and have more surprises in store for the 80s time traveler in 2015.

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Melbourne Main Street

Volunteer of the Year



Congratulations, Derrain Cole, on becoming Melbourne Main Street's volunteer of the Year!

How did you hear about Melbourne Main Street and how did you get involved?
I think the first time I heard about Melbourne Main

Street was at a Friday Fest. I am in the air force and I just came down here on a random Friday looking for something to do, and there was a quote on quote street party happening with a lot of vendors and things like that. So that's how I initially heard about it. I started volunteering at the beginning of last year through their website. I clicked on the volunteer link there and received an email back pretty much the same day-about getting involved with the Friday Fest and it just blossomed from there.

To read more about Derrain Cole, visit www.downtownmelbourne.com

Business of the Month



Low Tide Tattoos
Interview with
Matt Zimmerman

So how long have you been in your current industry?

14 years. I started tattooing in 2001.

How long have you been located in Downtown Melbourne?

I moved here in 2012 and opened the shop in January of 2012.

What made you choose Downtown Melbourne to open your business?

It's not a big city, it's a slower pace of life, and it's a lot easier than where we were living in Maryland. It was constant, constant, twenty-four hour a day work, and I wanted to slow down a bit, and this was just a perfect area for it-quiet, quiet, little mom and pop kind of towns and they are getting really rare now a days. This is where I wanted to end up, where there is not a Wal-Mart on every corner and it's not all of the issues that come along with big industrialized cities.

To read more about Low Tide Tattoos, visit www.downtownmelbourne.com



Volunteer-it's fun!

Become a volunteer and a valuable part of Melbourne Main Street. Volunteering offers you an opportunity to meet other community minded individuals here in Downtown Melbourne, as well as an opportunity to give back.

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THE BEST MEDICINE

CCM: Together, doing life RIGHT!

They say laughter is the best medicine, so this month, I have some jokes for you:

Creation

An atheist scientist came to God and said, "We've figured out how to make a man without you."

God said, "OK, let me see you do it."

So the atheist bent down to the ground and scooped up a handful. But God stopped him and said, "Oh, no you don't. Get your own dirt!"

Parish Visit

A new pastor was visiting the homes of his parishioners.

At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a business card and wrote "Revelation 3:20" on the back of it and stuck it in the door.

When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, "Genesis 3:10."



Reaching for his Bible to check out the citation, he broke up in gales of laughter.

Revelation 3:20 begins "Behold, I stand at the door and knock."

Genesis 3:10 reads, "I heard your voice in the garden and I was afraid for I was naked."

They Won't Let Me In

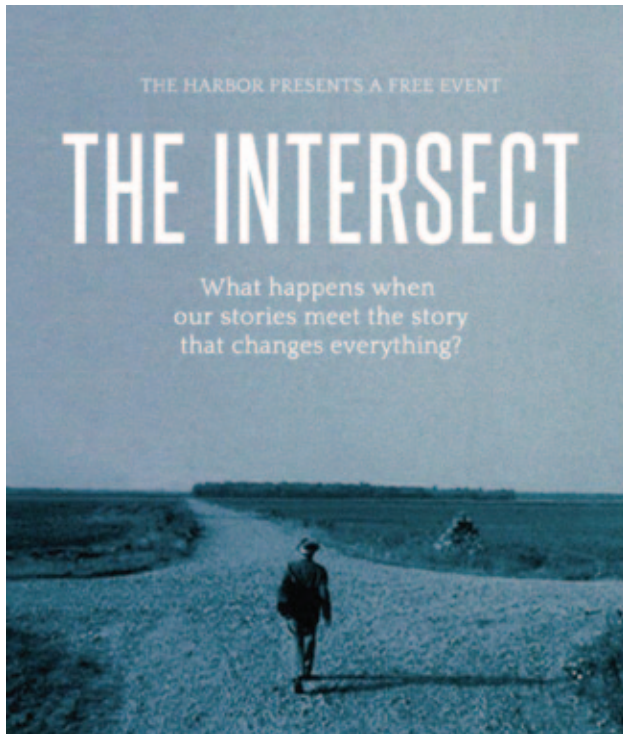
A dog had followed his owner to school.

His owner was a Fourth grader at a public elementary school.

However, when the bell rang, the dog sidled inside the building and made it all the way to the child's classroom before a teacher noticed and shoo'd him outside, closing the door behind him.

The dog sat down, whimpered and stared at the closed doors.

Then God appeared beside the dog, patted his head, and said, "Don't feel bad fella. They won't let ME in either."



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The Brain, Hearing Aids and Noise

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

When those of us with normal hearing go into a complex noisy environment such as a cocktail party, or crowded restaurant, very few of us stop to think about what is actually going on in our brains to enable us to pick, and follow that particular voice we want to listen to, out of those other competing voices and sounds.

While our conscious brains may only be thinking about the storyline of the joke we might be trying to follow, there is a whole lot more going on behind that idea, inside the central auditory cortices of our brains that is making the picking, and following of that particular conversation out of all of those others even possible.

That is why simple hearing aids perform so poorly in these noisy complex situations. While they may work very well at home across the dinner table by simply amplifying the husband's, or wife's voice back to within their users audible range, and perform quite adequately. Put that same person and hearing aid into a crowded restaurant scene and most often you'll find they fail miserably for two reasons.

First, most hearing aids lack the input range needed to handle those loud, noisy environments. By that I mean that their microphones, and or the associated analog to digital converters used on today's digital aids just don't have the higher end range needed to capture a clear signal to start with. When exposed to too much noise a situation called input saturation occurs.

When input saturation happens a situation known as peak clipping follows, where from an acoustic standpoint the tops of the sound waves that don't fit within the limits are just clipped, or chopped off. This results in distortion being introduced into the system on the very front end, even before the signal reaches the amplifiers,

or processing stage.

You simply cannot get clear output with a distorted input. In those environments, these hearing aids really are better off in their purse or pocket, rather than their ear.

So the first challenge any hearing aid system has in order to deliver a clear signal in noise, is to capture a clear one in the first place. If, the input microphone circuit cannot handle the level of sound present in any situation, the results will be a distorted output.

No amount of brain processing can overcome the amount of distortion that may be present in these loud environments in hearing aid systems lacking the range to adequately handle the the environment they are used in.

Next, even if the hearing aid system we have is capable of amplifying the sound environment accurately at the loudness levels experienced, and bring the missing sounds back within the audible range of their wearer, we still have the next problem that all of us must deal with constantly, and that is what we call the signal to noise ratio.

Next to having all of the sounds audible, or present, having the signal elevated sufficiently above the noise for us to understand it above all of those competing sound is the most critical thing to our being able to follow the voice we want anytime we are in such places.

Our brains accomplish this amazing feat by comparing the differences between our two ears, and orient us to face the person we want to hear, maximizing both our aural and visual cues.

Normal healthy hearing folks can even pick a signal out of the noise when it's as much as three to five decibels below that of the ambient noise. That is reversed for those of us with a hearing

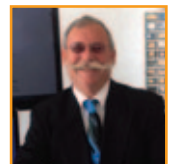
loss. Many times we need a three to five decibel advantage of the signal over the noise before we can follow the signal, or understand in those environments.

The best of today's hearing aids use a similar comparison process, but actually one up the brain, in that they can compare the signal from four sources, rather than just two, and using digital processing and what is known as array building actually create an eight microphone virtual array that analyzes the sound field from all directions and then creates virtual moving beams of amplification in front of it's user that seeks out voice signals from the front and dampens those sounds from the sides and back.

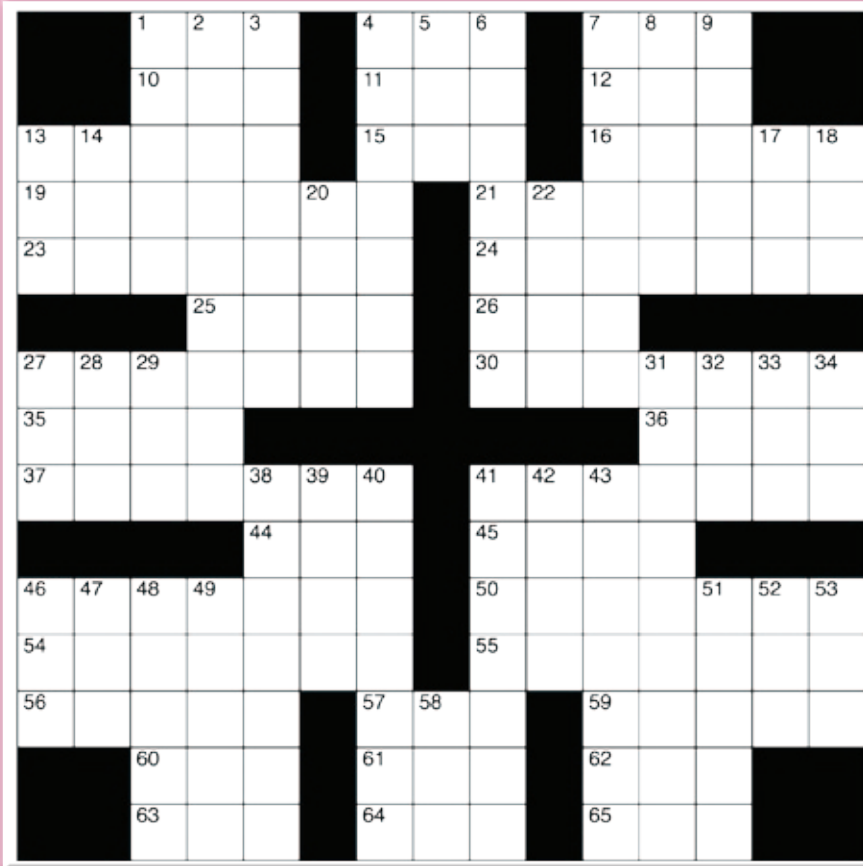
For the first time in the history of our industry, we have gear that can actually perform better than normal in these noisy situations by taking the methods our own brain uses and building and multiplying them electronically. Better hearing, even in noise, is a reality today.

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Spotlight Crossword Puzzle



clues ACROSS

1. Licenses TV stations
4. Worn-out horse
7. Expire
10. Winglike structure
11. Supplement with difficulty
12. Confederate soldier
13. Attempter
15. All persons of the earth
16. Vertical position
19. Live longer than
21. Showing keen interest
23. Old Spanish currency units
24. Ingested by sniffing
25. A narrow path or road
26. Old Tokyo
27. Bound map collections
30. Deliquium
35. Brownish coat mixed with white
36. 3 banded S. Am. armadillo

37. Coat a metal with an oxide
41. Slave-like
44. 1950's TV Wally
45. City founded by Xenophanes
46. Hermaphroditic
50. Kale plant with smooth leaves
54. Forelimb
55. Unassisted
56. Jeweled headdress
57. Auricle
59. Competing groups
60. Cardinal number
61. Light bulb inventor's initials
62. Heat unit
63. Doctor of Education
64. Make a mistake
65. Point midway between S and SE

clues DOWN

1. Bazaars
2. Cuyahoga River city
3. Latin word for charity
4. Scourges
5. Alias
6. Origins
7. Subjugate using troops
8. Dutch name of Ypres
9. Siskel and ___, critics
13. Teaspoon (abbr.)
14. Herb of grace
17. Brew
18. Kilo yard (abbr.)
20. Barn's wind indicator
22. Griffith or Rooney
27. Macaws
28. 2000 pounds
29. Official language of Laos
31. Cleveland's roundball team
32. Office of Public Information
33. Chum
34. Before
38. Nation in the north Atlantic
39. Apportion into sections
40. Skilled in analysis
41. More assured
42. ___ Musk, businessman
43. In a way, tells
46. Immature newt
47. Hawaiian taro root dish
48. Extremely angry
49. Wrapped up in a cerecloth
51. Expression
52. Paradoxical sleep
53. Tooth caregiver
58. Swiss river

answers on page 44

Revive the Art of Letter Writing



Getting a handwritten letter nowadays is extraordinary, as people often do not take the time to write letters in an age when emailing, texting and tweeting have revolutionized the way people communicate with one another. However, writing notes, letters and exclamations of love can be more intimate, especially on Valentine's Day.

In France, love letters are called *billet doux*. The French are known to be romantics at heart, but that doesn't mean people from all over the globe can't put pen to paper to express their feelings. Handwritten letters are often seen as thoughtful gestures, especially when those letters are expressing intimate sentiment. Here are some guidelines for writing a love note or letter.

Visit a stationery store and find a nice piece of stationery and envelope to use for the letter. If you are putting forth the effort to create a beautiful, handwritten letter, you can add to the experience by selecting

a fine paper on which to write. There are many different types of paper, including some that are embossed. Some may even feature flower petals or leaves embedded in the paper.

Brush up on your penmanship. A letter will be rendered useless if it isn't legible. Therefore, practice penmanship before sitting down to write your letter.

Have a picture of the person to whom you will be addressing the letter nearby. This may provide some inspiration. Jot down ideas on a piece of scrap paper. Think about how your romantic partner makes you feel and the qualities he or she possesses that you find appealing, and use concrete examples why you love and care for this person.

Write a rough draft of the letter and be sure to proofread it for misspellings and grammatical errors.

Always write from the heart and be sincere in what you say. Try to call out

specific examples that recall particularly fond memories.

Write your final copy of the letter on the good paper. Make sure it is neat and legible. Be sure you date it because it is likely the note will be saved.

You may want to wait a day or two before sending the letter to be sure the sentiments you expressed are truly what you want to say. If so, mail or hand deliver the note.

Love letters and other handwritten notes are quickly becoming a thing of the past, as technology has largely replaced pen and paper. Yet, those who want to add a special touch to any occasion can choose to write a letter and make a lasting impression.

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Health First Introduces 3D MAMMOGRAPHY TO BREVARD COUNTY

Health First Diagnostic 1st to Get Advanced Screening Technology

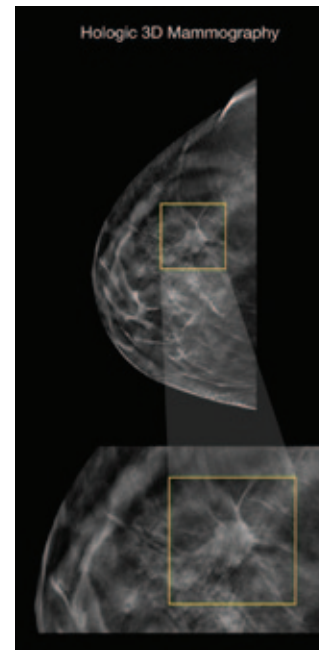
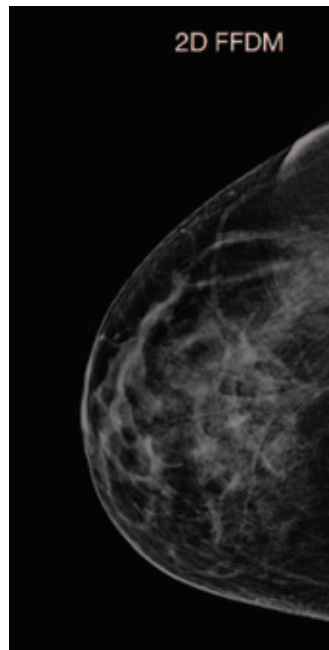
Health First Diagnostic Centers has taken breast cancer screening to a new dimension with the addition of Brevard County's first 3D mammography screening.



3D mammography, or breast tomosynthesis, screening technology has been shown to find significantly more invasive cancers than a traditional 2D mammogram, according

to a recent study published in the Journal of the American Medical Association. In fact, Time magazine selected 3D mammography as one of the "Top 11 health advances of 2014."

"This cutting-edge technology is an extraordinary tool in the detection and identification of breast cancer," said Aaron Robinson, Vice President, Outpatient & Wellness for Health First, "and we are excited to be the first to bring this technology to the residents of Brevard County."



The technology, provided by Hologic 3D Mammography, allows the doctor to examine breast tissue layer by layer. Instead of viewing all of the complexities of breast tissue in a flat image, as with traditional 2D mammography, fine details are more visible and no longer hidden by the tissue above or below.

It can detect 41 percent more invasive breast cancers and reduces false positives by up to 40 percent. In addition, it reduces overall call-back rates from screenings by 30 percent, meaning women at high risk or with dense breast tissue will see better results from their screening mammogram and be less likely to be called back for diagnostic mammogram with

ultrasound. Fewer callbacks and false alarms helps reduce patient anxiety, as well as health care costs.

Hologic 3D Mammography is the first and currently the only FDA approved 3D mammography system in the U.S. It has been shown in numerous clinical studies to significantly increase the detection of invasive breast cancers while simultaneously reducing recall rates across all patient populations and breast densities. This technology was approved for breast cancer screening and diagnosis in the U.S. in February, 2011 and has been available.

Visit www.health-first.org for more information.

Photos Courtesy of Hologic 3D Mammography.

PUZZLE [PG42] SOLUTION How well did you do?



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How good are you at spotting items?

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

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

OUR WINNER LAST MONTH WAS
Gloria Becker of Rockledge

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

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