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march 2015

# spotlight

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MAGAZINE

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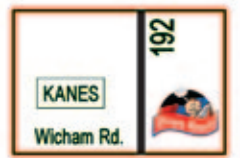
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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Happy St. Patrick's Day, and welcome to another issue of Spotlight Magazine!

I'm pleased to say that over the last few months, we have been receiving letters and even the occasional phone call thanking us for providing a positive and informative publication. What joy it brings to me when I receive these words of encouragement, and to know that our magazine is truly making a difference in our community.

Just the other day, I received a letter in the mail from a woman who has been reading Spotlight for quite some time. She said that she remembered me and my family from back in the 60s when we lived in Melbourne just off Babcock Street, near the railroad tracks. When she mentioned her family's name, I did indeed remember that she lived in the house right behind ours. Wow! It had been over forty years. Who would have thought that the magazine I published today would be connecting us again? I will be writing back to her, and I hope that maybe we can get together for a cup of coffee. How great it would be to share some stories from the bygone days of our childhood and to catch up on what we'd been up to all these years.

Spotlight Magazine is very active in the Social Media of today, in platforms like Facebook, Twitter, and Instagram. But our original print version of the magazine is still a strong and powerful media tool as well, as evidenced in the story above.

Until next time, see you in print or on the web!

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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march 2015



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## HOW DID THIS HAPPEN?

by Jim Campbell, First Baptist Church of Melbourne

**Here we go again. I let myself get fat....again.** I know you've never done that. A few years ago, I lost a lot of weight, got back down to high school weight, ran some 5ks (set personal bests) and all that. Then, I started to let the workouts slip, and began to eat a little more. I'd get on the scale the next day and I really didn't gain anything, so I let it go a little more. I mean, I worked out all the time, so I should be good, right? Well, 3 years later, here I am...almost back where I started. How did that happen? Maybe if my belly had just bulged out when I ate the first Krispy Kreme, I would have stuck it out, but the effects of weight gain aren't that user friendly...they sneak up on you.

Spiritual consequences are like the effects of weight gain. God created the physical world to reflect what He's trying to tell us spiritually. We fool ourselves into believing that spiritual consequences don't exist. When we "commit" a sin and the boulder doesn't drop from the sky or there are no explosions, we think we got away with it or God wasn't watching or maybe even, all this Christian stuff is a bunch of junk. It could go on this way for years. Then, one day, we look at our lives and go, "How did this happen?" It might even be after we made some good changes in our life. Sometimes, the greatest collapses in someone's life happen immediately after a resurgence of good behavior.

Jesus even tells a story about a guy who was possessed by an unclean spirit. The spirit leaves, and the guy takes the opportunity to sort of "clean up his life". Later, the unclean spirit comes back only to find everything all fixed. The spirit gets 7 of his buddies, all worse than him, and they gang up to wreak havoc on the guy's life. Jesus closes the story by saying that "the last state of that person is worse than the first."

Sometimes, we might think, like that guy, that we can just make some lifestyle changes...start going to church, maybe learn a Bible verse or two, by

heart even. We volunteer at a charity, get clean off the "hard" drugs, and we feel pretty good about ourselves, thinking we've done enough. Then the slide



begins and before we know it, we are worse off than we were before. It's like we painted the living room of the house to hide the cracks in the walls, but never addressed the foundation problems that caused them to begin with..

The reality is we can't clean our lives up on our own... only God can do that. Without turning our lives over to Him once and for all, we don't begin to really see the long-lasting results we dream of and we just gain "the weight" all back. It might show in different places, but the reality is when we get on the scale, we'll see that it's worse than when we started. Then we are just left to look around and wonder "How did this happen?"

---

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).

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# Networking.

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Knowing that, you can see that how we interact and present ourselves out networking is crucial to whether at the end

of a meeting we bring home a bunch of business cards or confirmed appointments. We all think we should know how to do this networking thing. After all we were taught as a child how to shake hands, be polite and to make conversation. But when we think that networking is about “getting business,” we approach a networking group with a whole different perspective.

You may have had it happen to you like it happened to me this week when I was out networking. I was having a delightful conversation with a person I had just meet. We were going back and forth learning about each other and seeing if and how we could be of service to each other. Suddenly out of nowhere, a woman shoved her business cards between us and said,

“I don’t mean to interrupt (really?) but I wanted to give you my card and tell you I am having an event next week.”

In her desire to create more business, the impression she gave is one of desperation and that she is scared she won’t make it. Without taking the time to make a connection, to engage, to find out all about the other person and whether what you have to offer is even a relevant solution to other person’s problem, there is no point in giving your business card to



anyone. Instead, save your business card for people with

whom you have genuinely connected and discovered that, in fact, you do have a way to solve their problem.

For information about a workshop on how to Connect Collaborate Ka-Ching Turn Prospects into Clients and Clients into Referrals go to <http://topleadersacademy.com/10-steps-workshop>.

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# Navigating the Eldercare System

Dear Friends,

Having worked the Florida elder care system for the past 25 years, I recently conducted a self-test of the system. The disastrous results of that action prompted me to write this article, which I shall send to the authorities. I believe we have responsibility. We all should be more concerned with what potential users of Florida's elder care services are actually being told, the problems they are encountering and the fact that, in my opinion, less than qualified people are trying to help some of the frailest elders in our state.

On February 3, 2015, I called the Department of Elder Affairs in Tallahassee to inquire about the Statewide Medicaid Managed Care program, which consists of the Managed Medical Assistance Program and the Long-Term Care Program. My call to Tallahassee resulted in a transfer to a state office in Orlando. I talked to a person, was transferred to another office, and my name and phone number were requested. The next day, having not heard back from my call, I again called the Orlando number.

After several minutes I was connected to a counselor at Senior Resource Alliance and so started a most frustrating conversation. It was only because I knew what to ask that I finally got some answers—none of which I liked. However, since I was a frustrated



senior inquiring about services supposedly provided by my state, I knew that my frustrations needed conquering if I was to learn anything that might help others. This is what I learned:

Information about elder services is there if you know where to look. I informed the counselor that the difficulty was in knowing where to look for help.

The counselors are not well informed about what the state offers.

Education and connection to resources are sadly lacking, as is a compassionate attitude toward seniors trying to navigate the system.

I then called the community provider number given to me by the counselor and was asked to leave my name and phone number, which I did. This is supposedly a source to help with Medicaid benefits. The other question I had about daycare required that I call the Senior Resource Alliance number again at a later date. When I asked about availability of information, the counselor mentioned Aging Matters, Joe's Club (which I started), and other local resources, but nothing about how to contact them.

All this reflects on the absolute need for seniors to be better informed and willing to fight for what matters to them. We must do a better job of lobbying our elected leaders for a county aging plan and localization of resource information so that we can minimize the frustration and stress of seniors who cannot navigate the system. Effective senior advocacy can achieve a county government that will listen to perceived wrongs and take senior rights seriously. After all, we do live in a rather aging county. In fact, it is the 24th oldest of 3,067 counties in the United States. Join us at Helping Seniors and become part of the senior advocacy effort. Call Kay at: 321-473-7770 or email her at: Kay@helpingseniorsofbrevard.org.



Joe Steckler  
President

Helping Seniors of Brevard  
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Joe Steckler is the President of Helping Seniors of Brevard, a non-profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: [info@helpingseniorsofbrevard.org](mailto:info@helpingseniorsofbrevard.org) or calling: 321-473-7770 ~[www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org)

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## Phyllis D. Smith, CPA

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### “March's CPA Tip Of The Month”

The health care penalty is typically the higher of two figures: the basic fine or an income-based penalty for 2014. The basic penalty for 2015 is \$325 a person (\$162.50 for family members under age 18) with a cap of \$975. The income-based levy is 2% of the excess of a taxpayer's household income over the minimum level of income that's needed to trigger the filing of a tax return. But the maximum penalty is limited to the cost of a bronze-level exchange plan so for 2015 the tax for going uninsured cannot be more than \$2,484 per person and \$12,420 for a family of five or more.



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# CHIROPRACTIC CAN OFFER RELIEF FROM STRESS-RELATED PAIN, HEALTH PROBLEMS

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Millions of Americans are suffering from stress-related pain and headaches and as they find themselves struggling with tough economic times, according to a new Associated Press-AOL Health Poll.

In light of these alarming new survey results, patients may wish to consider the benefits of chiropractic care for the treatment and prevention of stress-related headaches and muscle pain, says the American Chiropractic Association (ACA).

"In today's economy, financial problems and pressures can certainly escalate stress, which in turn can contribute to common muscle pain and headaches. It's important not to ignore the symptoms associated with stress and anxiety," notes ACA President Glenn Manceaux, DC. "Taking care of your health during times of personal difficulty can not only help to alleviate related aches and pains, but it also can help you feel more positive about your situation.



"If your stress-related pain is not resolving on its own, visit your doctor of chiropractic. Working in partnership with your other health care providers, your doctor of chiropractic can offer a whole-person approach to health and wellness," Dr. Manceaux suggests.

Doctors of chiropractic provide drug-free, non-invasive treatment options for many types of pain and inflammation. For example, chronic back pain, neck pain, joint pain and headaches can often be reduced with the appropriate combination of chiropractic manipulation, rehabilitative exercises and lifestyle counseling – all of which are offered by doctors of chiropractic in a patient's personalized treatment plan.

"Consumers also need to know that chiropractic treatment is a covered benefit in virtually all traditional insurance policies," adds Dr. Manceaux. "As many as 87 percent of all insured American workers have coverage for chiropractic services in their existing health care plans."

A significant amount of evidence has shown that the use of chiropractic care for certain conditions can be more effective than traditional medical care, with many patients feeling improvement shortly after their first chiropractic visit.

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## I KNOW YOU!

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

**I think it started when the kids were looking through their old yearbooks.** As they turned the pages, the pictures of their classmates and school activities prompted one story after another. Some were funny, others drew the "look" from a parent who had never heard that story before. Knowing many of their friends, the stories were interesting, but eventually my mind began to dredge up memories of its own.

It was a cool fall afternoon in Nashville, Tn. where our oldest daughter and son were both attending Trevecca Nazarene University. I was on campus for a meeting and had already seen Keri for a few minutes and was waiting for Jared to get out of class. Having been on campus many times, there were a number of familiar faces.

Standing outside the Student Center I must have looked lost, for several students stopped and asked if I needed anything. I mentioned I was on campus for a meeting



and was waiting for my son. Suddenly one of them said ... I know you, your Jared's dad aren't you? What a great compliment. He knew who I was because He knew my son! Yes I responded ... yes, I am Jared's dad. As he left for class, he shouted ... tell J hi. What a great life lesson. They knew me because they knew my son.

In the 4th Chapter of Acts, Peter and John are standing before the religious leaders of the day defending the healing of a crippled man. The response of the council is recorded in verse 13... when they saw the courage of Peter & John and realized they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

There is more to this story than a simple record of them being traveling companions. Read the verse again ... they took note they had been with Jesus.

Maybe we don't need the WWJD bracelets on our wrists, the crosses hanging around our necks or the t-shirts with catchy phrases to reveal our identity, not that there is anything wrong with any of those. Maybe our identity simply needs to be in the fact that people recognize us ... because we have been with Jesus.

I can't think of any greater compliment ... so yes ... yes I've been with Jesus ... How do people know you?

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## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"There are no 'do overs'..."



*"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 been taught, in my youth group, there's no such thing as reincarnation, but I recently had a bizarre experience of déjà vu and I can't help but wonder. How else can it be explained?

-Joy of Palm Bay

Dear Joy,

"Déjà vu" is a French word and literally means, "already seen." In psychology, it means: the illusion of having previously experienced something but actually being encountered for the first time. According to Swiss scholar, Arthur Funkhouser, this phenomenon typically lasts for a few seconds; but in rare cases, it can last several moments. No one really knows what causes this eerie sense of familiarity and they can be quite unsettling. At least 70% of the population has experienced some form of déjà vu and a higher number of incidents occur between the ages of people 15-25 years old than any other group.

In rare cases, déjà vu has been associated with temporal-lobe epilepsy, schizophrenia and anxiety. Many epileptics experience these episodes either prior to seizures or in the moments between convulsions, and frequent occurrences may be a sign of a neurological disorder.

There's no scripture in the Bible supporting the existence, or concept, of reincarnation; in fact, in Hebrews 9:27, the Bible says, "Just as people are destined to die once, and after that to face judgment." There are no "do overs" or second chances to get it right.

**Dear Val,**  
My husband and I recently got saved after some of our friends invited us to their church. I know we still have changes to make in our lives but we really enjoy smoking a little pot once in a while. I realize it's illegal but it's not as bad as alcohol. Smoking a little weed doesn't make a person violent (like liquor can) or damage the liver. It's a natural herb and we're not hurting anybody. Our friends quit and they say we should too. It's probably going to be legalized anyway, so why is it such a big deal?

-Lori of Palm Bay

Dear Lori,

I'm sure you can come up with a half dozen reasons to justify smoking pot; however, it's still illegal. As Christians, we are commanded to obey the laws of the land (providing they don't conflict with God's laws) and it's not for us to pick and choose which laws we abide by.

Romans 13:1-2 states: "Everyone must submit to the governing authorities, for there is no authority except that which God has established. The authority that exists has been established by God; consequently, he who rebels against authority is rebelling against what God has instituted and those who do so will bring judgment on themselves".

As a new Christian, it's important for you and your husband to study God's word. Consider joining a Bible study group with your friends. You will meet other Christian couples and discover how wonderful a Christ-filled life can be. Congratulations to you and your spouse for accepting Christ...but give up the pot!

(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 ST. PATRICK'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



## This isn't your every day

**Pot Roast.** Yes, there is a lot of ingredients but it is so good.

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

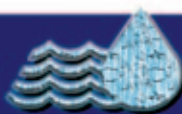
If you have any questions or would like to contact me, email me at [lifecoaching7746@aol.com](mailto:lifecoaching7746@aol.com).

## Garlic Crock Pot Roast

3 1/2 lbs. boneless beef chuck roast, trimmed of fat	sliced	3 tablespoons brown sugar
2 tablespoons vegetable oil	24 garlic cloves, minced	1 tablespoon Dijon mustard
1/2 teaspoon salt	2 beef bouillon cubes	1 tablespoon cider vinegar
1/4 teaspoon pepper	1/2 cup hot water	cornstarch (dissolved in water, for gravy)
2 medium onions, thinly	8 ounces lager beer	

In a large skillet, heat 1 tablespoons of the oil and brown roast on both sides, seasoning with salt and pepper; remove to a platter and keep warm. Add the remaining 1/2 cup of oil to the pan and add the onions, cook until they just start to wilt then add the garlic. Cook until the onions are tender, a few minutes more. Add the bouillon cubes to the hot water and stir to dissolve; add that to the skillet along with the beer, brown sugar, mustard, and vinegar; stir

to mix well. Pour mixture into the bottom of the crock pot. Place roast on top of liquid, cutting into pieces if it doesn't lay flat. Set the crock pot on low and cook for 7-8 hours. Remove meat from crock pot and pour liquid into a pan on the stove; heat to a boil, and mix a slurry out of the cornstarch and water; thicken pan liquid with slurry to make a gravy. Serve gravy over meat or with potatoes or noodles.



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This month's **Community Movers & Shaker** is **Nancy Peltonen**. Nancy is currently the Director of Marketing and Fundraising for Serene Harbor, Inc. a domestic violence center for women and children.

Some of the other many organizations Ms. Peltonen participates in on a regularly basis are: Founder/Chairwoman of Purses with a Purpose since 2006, Founder/Chairwoman of What a Girl Wants since 2010,

Vice President of Finance for the American Business Women's, Ambassador for the Melbourne Regional Chamber of Commerce, Chairwoman of the Nonprofit Council for the Melbourne Regional. In her free time Nancy also volunteers at the King Center, Runaway Country Music Festival, Zonta Chocolate Festival, and the WWII vet on an Honor Flight,

When we asked Ms. Peltonen what is your why, your passion for all

the things you do, her response was:  
*"I have a strong sense of giving back to the world because I know that one person can make a difference. Every day I get to see how Serene Harbor changes the lives of the women and children who come into our center, thus influencing everything I do."*

Thank You Nancy Peltonen for being our Community Mover & Shaker.



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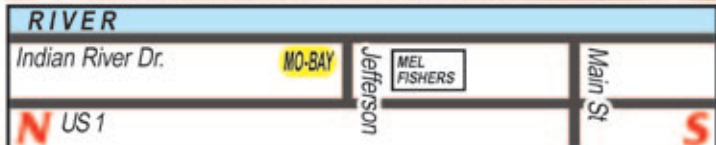
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# WHICH ANTIVIRUS PROGRAM SHOULD I USE WITH TEENAGERS IN THE HOUSE?

## SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**Securing your computer has gone well beyond just an antivirus program** these days because the list of threats has grown. Hackers will take advantage of any opportunity to exploit you: Software vulnerabilities, spam, rigged e-mail messages, fake social media profiles, and phishing scams are just a few.

If you don't regularly keep your utilities, programs and operating systems updated, having a solid security program is even more important but your biggest challenge will always be keeping 'the humans' from falling for tricks. In many cases, an antivirus program will not be able to protect you if you fall for any of the clever tricks that convince you to unknowingly install malicious software (a.k.a. malware).

No antivirus program on the market will ever provide you with 100% security because the hackers have the upper hand. They can literally test their new threats in minutes against all the major antivirus programs at sites such as <http://virustotal.com> to make sure that they can't be detected.

Antivirus companies that rely on 'signature-based' detection, especially free programs, can't provide protection for new threats until they've been discovered and even then, each user has to be diligent in downloading updates in order to stay protected. With this in mind, Trend Micro started using a second active layer of protection years ago that they refer to as their "Smart Protection Network" to battle the sheer speed in which new threats appear every day.

For situations where users may be more adventurous (i.e. teenagers) this cloud-based protection component doesn't require updates to be downloaded in order to be protected from newly discovered threats. The cloud layer literally blocks access to newly discovered threats on the Internet so users can't ever get to the malicious sites in the first place.

We started installing Trend Micro's Internet security package on our customer's computers years ago, primarily because of this extra layer of protection.



A well-known third-party testing site, AV Comparatives, has also listed Trend Micro as the best real-world protection in their recent reports: <http://goo.gl/uMpHb4>.

The recent discovery of three different zero-day vulnerabilities found in Adobe Flash (which is used for online animation and video playback) underscores how important moving away from traditional 'signature-based' detection has become. Zero-day refers to the fact that there are now zero days between when a vulnerability is discovered and when hackers can take advantage of that vulnerability.

These recent vulnerabilities were being exploited by malicious web ads, also known as 'malvertisments', to infect unprotected users when they visited rigged sites. Trend Micro users received an email assuring them that they were protected from this new threat even before Adobe makes a patch available.

As I stated before, even with advanced tools like those offered by Trend Micro, malware can slip through, especially if you have adventurous users. Think of security software on your computer like safety equipment on your car; just because you have airbags, seatbelts, anti-lock brakes and crash avoidance technology doesn't mean you can drive carelessly and expect to always be safe.

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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'm sure you've heard the phrase, "as simple as boiling an egg." The truth is, it's not simple. It makes me think about raising children and how easy some people think it is. But, as anyone who has actually raised a child knows, it's not easy at all. And even harder on your own or with limited support or resources. As the African Proverb says, "It takes a whole village to raise a child." Who are the contributors to your village?



There are quite a few agencies in Brevard County which can help increase your awareness, to form a bond, or create a valuable partnership with. A few of these include, Grandparents Raising Grandchildren, Links of Hope, Central Florida Parents, and, of course, I Am Proof, Inc. which empowers young men to meet their full potential.

I AM PROOF® is a 501(c)3 non-profit organization which offers a unique mentoring program for boys ages 11 through 18. It is structured to give pre-teens and young men the opportunity to discover self through education, training, and group facilitated activities and discussions, while developing communication and leadership skills.

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## **SCLERAL CONTACT LENSES - A NEW THERAPEUTIC TREATMENT FOR PATIENTS WITH OCULAR SURFACE DISEASE OR SEVERE DRY EYES**

Patients with ocular surface irregularities or diseases can experience numerous frustrating symptoms, including blurring or distortion of their vision, discomfort or severe dryness.

Fortunately, there is a new therapeutic treatment for such conditions known as **scleral contact lenses**.



**Michael Mandese, O.D.**

"Having ocular surface disease causes people to experience blurriness and distortion of their vision, and is not correctable by traditional eyeglasses or contact lenses," according to Dr. Michael N. Mandese, O.D., F.A.A.O., Optometric Physician and Chief of Neuro Eye Services at The Eye Institute for Medicine & Surgery.

Until recently there were relatively few non-surgical treatment alternatives to help improve the quality of life for patients experiencing ocular discomfort or distorted vision following corneal injuries, diseases, such as keratoconus or band keratopathy, or surgical procedures that have caused corneal surface irregularity. With the development of the latest generation of scleral contact lenses, improved vision and relief of discomfort and dryness is possible for many of these patients.

"The scleral contact lens compensates for the absence of a smooth corneal surface by providing what is, in essence, a new, enhanced ocular surface much smoother than the one that the patient presently had," states Dr. Eric R. Straut, Optometric Physician and Low Vision Specialist at The Eye Institute for Medicine & Surgery.

"This is important both for comfort and vision as the surface of the eye bends light in a way that brings images into focus," explains Dr. Straut, adding, "a smooth surface can help produce clear images, whereas a rough surface may create images that are blurry or distorted."

"The new smooth surface created by the scleral contact lens bends light in a manner that was intended to help many people optimize their visual potential and eliminate blurriness and distortion they were previously forced to endure," adds Dr. Mandese.



**Eric Straut, O.D.**

## **TREATMENT FOR DRY EYES - AN ADDITIONAL BENEFIT OF SCLERAL CONTACT LENSES**

Patients with severe dry eyes, often as a result of systemic disease or the use of certain medications are another group of people who may greatly benefit from a specialized scleral contact lens fitting.



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"Patients with Sjogren's syndrome, rheumatoid arthritis, lupus, sarcoid, Crohn's disease, irritable bowel syndrome, or one of many other autoimmune diseases often experience the most severe forms of dry eye syndrome," according to Dr. Straut.

"Symptoms of dry eye syndrome include severe dryness, foreign body sensation, blurring of vision, or surprisingly to many, excessive tearing," states Dr. Straut. "Patients are often surprised when I explain that the source of their excessive tearing is actually dry eye syndrome," remarked Dr. Straut.

"If your eyes feel dry, oftentimes the body attempts to compensate for this dryness by sending out more tears," explains Dr. Mandese, adding "unfortunately the quality of these tears is poor. This is why, in some cases, more and more tears are sent to the eye, leaving the patient with fluctuating vision, uncomfortable and unhappy."

"With full coverage of the eye and the lack of exposure to wind and circulating air, and with the eye being bathed in preservative free saline solution throughout the day, patients with severe dry eyes who have received a custom scleral contact lens fit often experience greatly improved comfort," states Dr. Mandese.

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"It's truly inspiring when a patient tells me that our efforts have not only improved their vision and comfort, but that their quality of life is substantially better due to the care we have provided at The Eye Institute for Medicine & Surgery," explains Dr. Straut.

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"Compared to traditional "hard" or "gas permeable" contact lenses, the new scleral contact lenses are extremely comfortable in the eye," explains Dr. Straut.

"Unlike traditional hard or even soft lenses that move about in the eye when a person blinks, scleral contact lenses move only minimally. This absence of movement combined with a custom fitting, results in substantially improved comfort, particularly for patients with severe dry eyes," adds Dr. Mandese.

#### **SCHEDULE A COMPREHENSIVE VISIT**

Dr. Michael Mandese and Dr. Eric Straut are accepting new patients at their offices in Rockledge, Melbourne and Palm Bay. They participate with Medicare, Health First, and most other insurance plans. To schedule a consultation with either one of them, please telephone (321) 722-4443.



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

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

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

- |           |          |          |          |
|-----------|----------|----------|----------|
| Awakening | Chirp    | Lawn     | Spring   |
| Birds     | Flowers  | Outdoors | Umbrella |
| Blooming  | Greenery | Rain     | Windy    |
| Butterfly | Insects  | Rebirth  |          |

### Win a \$25 Gift Card to Nature's Market (pg14)

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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**



# Spring into SPORTS

by Rachel Worley, MD

Spring is quickly approaching as is the next season for organized recreational activities. Sports participation offers many benefits for young children and adolescents. This participation provides a much needed outlet for physical activity, which improves bone health and decreases risks of obesity, high blood pressure, and diabetes. Sports also offer stress relief and positive benefits for mental health with improved self-esteem, decreased teen pregnancy and drug use, and higher future career success. In addition, organized sports allow children to learn important skills such as team work and building relationships. Unfortunately for the 30 million US children that participate, there are also risks associated with playing. According to the SAFE KIDS campaign and the American Academy of Pediatrics, each year there are more than 3.5 million



sports related injuries in children 14 years old and younger. Many of these injuries are sustained in contact sports such as football, soccer, and hockey. However, as children become

more competitive in their chosen sport, physicians are noting an increase in overuse injuries as well. Baseball players are suffering from rotator cuff and elbow injuries from throwing the baseball at high speeds year round. Runners, dancers, and gymnasts are developing stress fractures due to repetitive high impact on their bones. Additionally, as BMX and extreme sports become more popular, we are seeing significant head injuries from biking and skateboarding.

As a pediatrician and athlete myself, I encourage children to participate in

sports, but I also advise the following:

Use the sport specific recommended protective equipment.

Remember that almost 50% of head injuries are sustained during biking, skateboarding, and skating, so WEAR A HELMET.

Rotate sports throughout the year to avoid overuse injuries.

Encourage young athletes to report pain immediately and beware of coaches that encourage "no pain, no gain" tactics.

If a child hits his head and develops any symptoms such as headache, dizziness, seeing spots, or has loss of consciousness, remove the child from play until cleared by a physician.

Remember that 62% of injuries occur during practice, so focus on safety during this time just as during game time.



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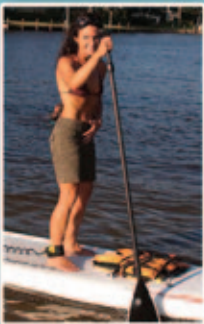
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80s in the park will be taking over the Melbourne Auditorium and grounds this August 28th - 30th, 2015 for our third flight into music history and bringing a host of 80s bands to Melbourne to revive your high school dazes. Headlining this year will 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.

This year will be up close and awesome! with limited "all seating" tickets available and great after parties until 2am. Brought to you in part by 98.5 THE BEACH, NATURES MARKET HEALTH FOOD, MARCO PIZZA WICKHAM RD, ALL CITIES EXPOS, SPOTLIGHT MAGAZINE INC., A1A SIGNWAVE

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# Melbourne Main Street

## Volunteer Spotlight



MMS Interview Mark Lewis-  
Tightline Productions  
Recipient of "Outstanding  
Service" Award

**How did you become involved with MMS?** I got involved with Melbourne Main Street probably five or six years ago. I first started on the Promotions Committee when

Angela Presti was president. Her dad was running the Promotions Committee and I had just bought my office in Downtown Melbourne so I kind of wanted to see what Melbourne Main Street was all about.

**So MMS helped you to develop your business and to become more of a part of the Downtown area?**

Sure. When we first moved in we had a party and I didn't know anybody downtown so we actually went door-to-door trying to invite people. Now, obviously I know a lot of people downtown and a lot of that is because of Melbourne Main Street.

**To read more about Mark Lewis, visit** [www.downtownmelbourne.com](http://www.downtownmelbourne.com)

## Business of the Month



Digital Ink Interview with  
Jessica Larned

**How long have you been in your current industry?**

About 25 years.

**What made you choose to open your business in Downtown Melbourne and how long have you been located here?**

I've been open for almost three years and there was an opportunity. I saw the space open, I was working out of the third bedroom of my house and so I took the opportunity and I love it here. It's fabulous.

**What is your favorite part of Downtown? It can be a restaurant, a shop or any other stores you know around here.**

I would say the people! Every one has been very welcoming and everybody is very nice and you know, they care about their business; they care about the town. As far as a favorite place, we probably like to hang out at Matt's on the deck more than any other place.

**To read more about Digital Ink, visit** [www.downtownmelbourne.com](http://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.

## Become a Member

Members of Downtown Main Street are vital to it's success. Support from sponsors, individuals, small businesses and corporate community members allows the program to succeed in improving our community.



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## LIVING WITH AUTOCORRECT

CCM: Together, doing life RIGHT!

**Those of us with smart phones, iPads and other devices** or even some text editing and formatting software on our computer, are very familiar with the concept of "autocorrect". Of course, this is the dubious ability of the computer to correct our typed words for us; you know, to "help" us.

There are some funny autocorrect fails online. One person was texting someone about how upset their dog became when there was thunder, and the phone changed it to: "My dad barks and we have to comfort him". Another person was asking someone to pick up some cranberry juice on the way home. But the phone first changed it to "pick up a crankshaft", then to "cranium juice", then to "crab juice". A teacher was texting someone her schedule for the next day, that she would be auditioning kids for a play, but the phone changed it to "auctioning kids". (Parents, I know sometimes it's tempting, but don't get any ideas from this one!)

Sometimes I think how nice it might be to have autocorrect on my thoughts or speech in order to prevent all the dumb things I say sometimes, but then I remember all these autocorrect fails on smart phones. Plus, I was thinking that I did used to have personal autocorrect at one time. I was a kid, and the autocorrect was provided by my parents. I have to be honest; I didn't much care for that. Then I became a parent myself, and had to provide autocorrect to my kids, in the form of "don't do that", "don't touch that", "don't make that face or your eyes will freeze that way". And this isn't really an autocorrect, but all parents know that when you ask your darling progeny why they are doing a thing, inevitably they say, "I don't know". You don't realize how crazy that

sounds until you are an adult. I mean, someone asks you why you are doing a thing, and you say, "I really don't know?"



That's why I'm surprised when people tell me that they don't understand why God allows bad things to happen. Would folks like it better if God "autocorrected" everything unholy and unrighteous they did? What would happen if God corrected us every time we said or did something unloving, or even had an unloving thought? Every time we acted prideful or deceptive or selfish or angry or worldly or greedy? We would likely spend the vast majority of our day being actively corrected by our Father in heaven!

That is why it is so wonderful that Jesus gives born again Christians a wonderful gift; a perfect non-intrusive autocorrect feature that will guide us and lead us in the most loving way possible. John 14:15-17 tells us, "If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you."

If you are a Christian, the next time you have a problem, or need love, a sense of peace and calm, or direction in your life, give yourself over to the Holy Spirit within you. Allow Him to guide you and teach you all things. (John 14:26). Live by the Spirit and you cannot go wrong.

If you are not a Christian and would like to "upgrade" to this new, improved lifestyle "autocorrect" app, you can go here for simple instructions on how to get this enhancement for yourself, free of charge: <http://www.calvaryccm.com/welcome-new/how-do-i-get-saved>

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

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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.

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# Patient Centered Care

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**When we first met Ed & Maria Paniccia**, they were looking to buy a hearing aid for Ed's left ear. Yet something just didn't seem right. First, when we began to talk with Ed, he told us that his hearing loss had gotten a lot worse over the past couple of months, but primarily in the right side. Next, when I did the otoscopic exam of Ed's ears, while the left one looked pretty normal, the right one sent off all sorts of bells and whistles in my head. What I was seeing in Ed's ear not only didn't look right, the fact that he was losing his hearing rapidly on that side led me to believe that Ed, very possibly had a serious medical condition, in the form of a cholesteatoma, or soft tumor of the ear.

Unlike their hard bony cousins, the osteoma, which are hard bony protrusions caused by repeated exposure to cold water, such as is found in divers, swimmers and surfers, these tumors are soft and can grow fast. Yet, diagnosing such things is way above my pay grade and I know it. The only thing to do was to convince Ed and Maria to seek medical care as soon as possible. Which is the very thing I did, while trying not to scare the dickens out of them. But, it was important that Ed see an ENT, or Otologist, and I made that clear.

We didn't hear, or see anything of Ed and Maria for several months, then out of the blue, there they were, and Ed had a big smile on his face this time. It seems that we did the right thing. Ed sought help until he found a doctor that would listen, who then discovered what I had suspected, Ed did have an cholesteatoma pressing on the eighth cranial nerve that serves his right ear. The pressure created by the growing mass, was what had caused the sudden loss on that side. But, they had caught it in time, and after surgery and radiation treatments, Ed was back for that fitting

he had originally come in for several months earlier.

But, Ed isn't the only one in that family with a loss, and several months later, they were back and this time we fit Maria with a new set of Rexton Stratas as well. The Paniccias are great folks. They not only took a chance by seeking us out for that second opinion when Ed was looking to buy originally, they were so impressed that I was more concerned with Ed's overall health and not just trying to sell a hearing aid, that they attribute my refusal and referral with saving Eds' life.

While I certainly am glad they came in, and that I got the chance to serve them, I don't know that I'd go as far as Ed and Maria in their praise. You see, honestly I was just following the FDA rules, paying attention and seeing Ed for what he is a great guy, in need of some professional care first. Simply, by putting his care above making that sale, we did both.

It is very simply what being patient centered and results oriented is all about. Ed's case just highlights one aspect of that, and their faith and trust that came from that initial encounter and consult meant that I simply couldn't give them less than my best.

Hearing loss, especially one sided and sudden loss can be brought on by very serious medical conditions. If, you, or a loved one suffers from such a sudden loss of hearing, seek help immediately. If, you aren't sure what to do, or who to see, call us, we'll be happy to see that you get to the type of care that is important. But, if the loss you are dealing with has come upon you slowly, over a period of years, it's still important.

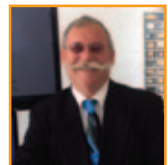


You still need to see about it, as the longer you go without help, the greater the chances you'll be facing other issues as well. So, don't put off getting the help you need. A brain is a terrible thing to waste. Failing to address a hearing loss, even a moderate one, may very well set you up for a series of cascading events with implications that go far beyond just your making folks repeat, or speak up. Ed and Maria sought help and are very glad for it.

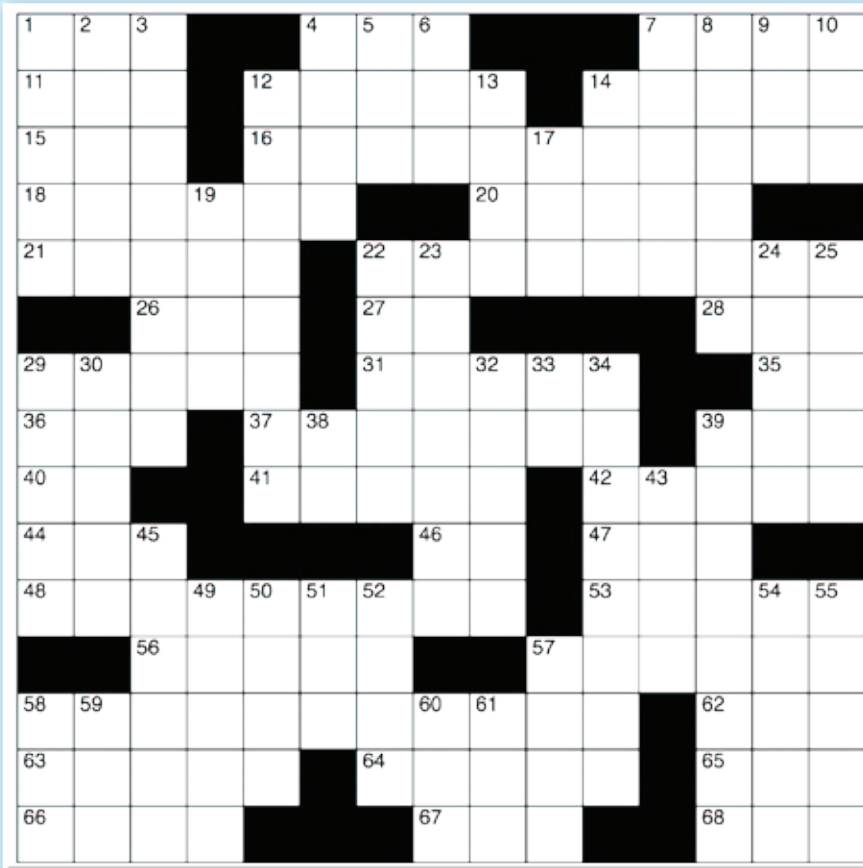
We've been helping folks just like Ed and Maria now for over twenty-two years from the Heart, of historic, downtown Melbourne, Florida at 720 East New Haven Avenue, Suite #12. We welcome walk in visitors and service weekdays 9:30 till noon, and afternoons, or after hours by appointment. You can reach us by phone at: 321-722-2894, or visit our website at: [www.aadvancedhearingcare.com](http://www.aadvancedhearingcare.com).

Let us demonstrate to you, like we did Ed and Maria, just what it means to be Patient Centered & Results Oriented.

**Please see our advertisement on page 26.**



# Spotlight Crossword Puzzle



## clues ACROSS

- |                                      |  |
|--------------------------------------|--|
| 1. Printing speed measurement        | 39. A waterproof raincoat              |
| 4. Fed                               | 40. Atomic #18                         |
| 7. A domed or vaulted recess         | 41. NW Canadian territory              |
| 11. Macaws                           | 42. Hindquarters                       |
| 12. Neck garment                     | 44. Follows sigma                      |
| 14. A billionth of an ohm            | 46. Rural delivery                     |
| 15. Local area network               | 47. Point that is one point N of due E |
| 16. Cleve. basketball hero           | 48. Excels                             |
| 18. Wounded & disfigured             | 53. Berkus and Silver                  |
| 20. Civil Rights group               | 56. Famous for fables                  |
| 21. Master of ceremonies             | 57. Philippine capital                 |
| 22. Smallest artery branches         | 58. Meg Ryan's ex-husband              |
| 26. Ref                              | 62. Doleful                            |
| 27. Exist                            | 63. Arugula genus                      |
| 28. Diagram of earth's surface       | 64. Nursery verse                      |
| 29. SE Asian sarsaparilla soft drink | 65. The 7th Greek letter               |
| 31. Fire remains                     | 66. Container for shipping             |
| 35. 3rd tone                         | 67. Charge for services                |
| 36. Before                           | 68. Immature onion plant               |
| 37. It breaks down lactose           |  |

## clues DOWN

1. Swedish statesman Olaf
2. Baltic flat-bottomed boat (alt. sp.)
3. Fingernail treatment
4. Breezed through
5. Check
6. Stray
7. Ancient computing devices
8. Something cheerleaders wave
9. The woman
10. Ambulance rescue initials
12. In a drowsy manner
13. A set of type of one style
14. Not completely closed
17. No (Scottish)
19. Microelectromechanical system
22. Having the wind against the forward side
23. Reestablish
24. Khloe K's former husband
25. Verse forms
29. Places to sit
30. Chilean pianist Claudio
32. Rounds of poker
33. Spanish be
34. Sing and play for somebody
38. Chemical symbol for gold
39. Praying insects
43. Israeli politician Abba
45. 7th planet from the sun
49. Br. plural of a penny
50. Largest continent
51. Distress signal
52. Senate and People of Rome
54. Fill with high spirits
55. Egyptian statesman Anwar
57. Non-verbal entertainer
58. 12th calendar month (abbr.)
59. A major division of geological time
60. Ultrahigh frequency
61. Yes vote

# BIBLICAL HERBS – Could be good for what ails you

by Dr. Kevin Kilday, PhD

**Then God said, “I give you every seed-bearing plant** on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. NIV

That verse was good enough for me. It started me on a journey to deeply study Biblical Herbs.

The Bible mentions 128 plants that were part of everyday life in ancient Israel and its Mediterranean neighbors. Why struggle with illness, chronic health conditions and pain when you don't have to? God's healing plants have been used throughout history for food and medicinal purposes.

I have been doing a series on Herbs of the Bible on 91.5fm radio (Sat. mornings 10:30am to 11:00am) for the past month and the following are some of the popular herbs that I have covered.

Frankincense also known as Boswellia was one of the beautiful gifts that was brought by the three wise men to baby Jesus on the evening of His birth. Used for reducing pain and inflammation, arthritis, asthma, inflammatory bowel disease.

Garlic - Believing that garlic increases virility, Hebrews have relied on the herb to be able to “be fruitful and multiply” as directed in Genesis. Remains of garlic were found in the Cave of the Pool at En-Gedi in Israel. Used for: Angina, cancer, colds, diabetes, flu, hypertension, infections.

Milk Thistle is common in Samaria and Israel. The plant is easily recognized because of the white veins on its leaves.



Biblical tradition is that a drop of the Virgin Mary's milk fell on the leaves and marked them for all times when she stopped along the road to feed the infant Jesus. Used for: The effects of alcoholism, asthma, cirrhosis, hepatitis, jaundice, kidney and urinary tract stones, psoriasis.

Always check with your healthcare provider before using any of the herbs mentioned.

**Please see our advertisement on page 20.**

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# Volunteer Opportunities Available at HEALTH FIRST'S HOLMES REGIONAL Palm Bay Hospital



Longtime Health First volunteer Angie Baumgardt works at the information desk at Health First's Palm Bay Hospital Auxiliary.

STUDENTS,  
RETIRED NURSES,  
& CLINICIANS  
WELCOME

**Health First's Holmes Regional Medical Center** and Palm Bay Hospital Auxiliaries are looking for friendly, caring volunteers, including retired nurses and clinicians, to join their team.

Duties may include serving as greeters, staffing admissions and information desks, driving courtesy carts, escorting customers to and from their cars, helping out in our gift shops and more.

Health First is Central Florida's only fully integrated health care delivery network with more than 7,800 associates and 2,350 volunteers.

Angie Baumgardt, a member of Health First's Palm Bay Hospital Auxiliary, has volunteered at Health First since 2005 when she moved here from Ft. Lauderdale.

Auxiliary volunteers are critical members of the Health First Care Team assisting patients, guests and customers who visit the hospitals. Whether you're looking to fulfill community service hours for school, complete an internship or find a way to stay involved after retiring, Health First has a wide range of volunteer opportunities.

"I started volunteering at the hospital even before I had finished unpacking," said Baumgardt, who also has served as president of Health First's Holmes Regional Auxiliary.

To learn how to become a Health First volunteer at Holmes Regional or Palm Bay Hospital, please call 321-434-8519. Visit [www.health-first.org](http://www.health-first.org) for more information.

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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  
**Rebecca Sheehan of Melbourne**

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

Page # \_\_\_\_\_

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