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april 2015

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MAGAZINE

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pg 12-13

pg3 » Spotlight BUSINESS OF THE MONTH IS





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Spotlight BUSINESS OF THE MONTH



## NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

Greetings everyone, and thank you again for taking the time to read my Notes from the Publisher's Desk. This April issue is packed full of events and new advertisers. We appreciate all of our advertisers, and they appreciate your patronage. So when you visit them, please take a minute to mention that you saw their ads here in Spotlight Magazine.

Speaking of events, did you take a good look at our front cover this month? I must give kudos to Kyle Graham of Millefiori and Travis Gibb of Effex Agency for their willingness to pose for our cover photo. I know these guys personally, and their hearts are really into helping Serene Harbor, domestic violence center for women. So ladies, please mark your calendars for April 30th for some good clean fun and to help raise money for this outstanding non-profit organization. It's a two part event this year, What a Girl Wants and Walk a Mile in Her Shoes. From what I've heard about the event in previous years, one of the highlights that most of the ladies really enjoy, is the firefighters and Sheriff's department gentlemen's show. I will leave it at that. To learn more about both of these outstanding events, please visit [www.SereneHarbor.org](http://www.SereneHarbor.org).

For the third year in a row, Spotlight Magazine is also pleased to announce the Covenant Christian School Teacher of the Year. This year we are honored to have two recipients of the award, Brian Cieslak and Cindy Corey. Thank you both for always going above and beyond, and for the life experiences you are passing on to our children.

Lastly, did I mention that I too will be wearing red shoes for the Walk a Mile in Her Shoes event? I am thinking about donning my wife's ruby slippers from the Wizard of Oz, the ones that I gave her during our wedding reception for our first dance. Please make sure you say hello if you attend the event; I'd love to meet you!

Until next month, remember, there is no place like home!

Bryan McDonough  
Publisher, *Spotlight Magazine*, Inc.

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Front Cover Photo: Kyle Graham & Travis Gibb

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# inside the Spotlight

april 2015



## FEATURES

- Medication Safety Tips for Children & Adults **9**
- Teacher of the Year: Covenant Christian School **11**
- Making a Difference **13**
- 80s in the Park **15**
- A HyperSonic Listening Experience **41**
- Are You Toxic? **43**

## departments

- "THE UGLY 'S' WORD" **7**
- SPOTLIGHT ON CHIROPRACTIC HEALTH **17**
- "FORGIVEN DEBT" **19**
- DEAR VAL, **21**
- SPOTLIGHT ON COOKING **23**
- SPOTLIGHT ON COMMUNITY MOVERS & SHAKERS **24**
- SPOTLIGHT ON COMPUTING **27**
- "STARTING OFF ON THE RIGHT FOOT" **33**
- "LIGHTS OUT" **39**
- CROSSWORD PUZZLE **42**
- "HEALTH FIRST COMPLETES FIRST HIP REPLACEMENT WITH ROBOTIC ARM" **44**



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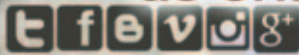
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## THE UGLY "S" WORD

by Jim Campbell, First Baptist Church of Melbourne

**We all have to deal with it at one time or another in varying degrees and different measures.** The "s" word is a part of our lives more than any of us would ever care to admit. Sometimes, it's about us and sometimes it's not, but it crops up all over the place. I'm talking about being a "servant" or a "slave".

When in the right context, it's a great word. God actually created the concept...Jesus gave a great picture of it. In the Bible book of Matthew, chapter 20, Jesus said that it was what He came to do, serve, and to many people, Jesus is known as a servant leader.

So why is the word an "ugly" word? Like so many of God's concepts, we jumped in and tried to take it over and messed it all up. This picture of ultimate generosity has become marred by the actions and perversions of the concept by ignorant contributors to history that completely missed the point. In Jesus' context, having the attitude of a servant is a sign of strength and honor. We can see this design demonstrated in our observations about physical/emotional maturity. When an adult acts selfishly, unservantlike, we tell them to stop "acting like a baby" or "being childish", but when people put themselves to the side, we say they are the "mature" one. God meant serving to be a sign of growth and maturity in His creation.

Then the world messed it up. Service is about control. To the world, being a servant is about wrestling control from someone in a domineering way, but that was NEVER how it was meant to be. In Matthew 20, Jesus points this out to His disciples and says "not

so with you". As the world centers on the chance to exert power, Jesus expressed that He, the God of the Universe and paragon of power in our existence, came "not to be served, but to serve" and to "give His life" to rescue us. Where we see weakness, God sees strength in sacrifice. Where we see a chance to dominate, God sees a choice to submit. Where we see the opportunity to take, God sees the opportunity



to give. Where our world focuses on the shallow power of being the served, God tries to focus us on the amazing power of being the server.

Imagine a world where we focus on each other's needs, not our own...what implications would that make? Would we be worried about government leaders out to get "theirs"? There would be no reason to steal, because if I worried about you as much as you worried about me, we'd take care of each other. That's how the world would work the best, because that's what God designed it to be...until we took "servant" and made it the "s" word.

---

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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# Medication Safety Tips

## FOR CHILDREN AND ADULTS

### Prescription and over-the-counter medications can save lives

and help people of all ages manage certain conditions. When used correctly and under the guidance of a physician, medications are largely safe. It's when medicines are used off-label, shared or taken in error that reactions and injury can occur.

The American Academy of Pediatrics and their Healthy Children Organization warns that more than 7,000 children visit hospital emergency rooms every year for problems related to medication errors. Children are not the only

ones in danger. Adults can make mistakes with their medications as well. For example, seniors who may be managing several different types of medications can inadvertently cause dangerous drug interactions by mixing the wrong pills.

Pharmacists work diligently to help prevent medication errors. However, the general public can also do their part. The American Society of Health-System Pharmacists and the National Association of Boards of Pharmacy offer these medication safety tips.

- When a new medication is prescribed, ask the doctor to explain more about it, including its intended purpose and any common side effects to be expected.

- Make sure your doctor knows about all the medications you are taking, including non-prescription products, herbal remedies, dietary supplements, and vitamins. Some medications do not mix with seemingly innocent ingredients. Keep a running list of any medicines you take so you can easily and accurately share this information with your physician.

- Question anything that you do not understand. Check the prescription for dosing information. For refills, make sure the refill information conforms to the original prescription strength.

- Fill all prescriptions at the same pharmacy and develop a rapport with the pharmacist so that potential drug interactions will be flagged. Pharmacists are well versed in medications and may be able to inform you as to the safety or risk involved in taking an over-the-counter product at the same time that you are on a prescription.

- Many pills look the same. If you are confused and taking multiple medications, keep medications in the original packaging and double-check the labels before taking any medications.

- Use the right dosing tools. A spoon from the kitchen is not



accurate for measuring out a teaspoon of medication.

- If you take multiple medications, use a pillbox to keep pills organized. The box makes it easier to manage medications and serves as a reminder if you have or have not taken a medication on a given day.

- Store medications as instructed on the label. The bathroom medicine cabinet may not be an ideal place to store medications, as bathrooms get damp, and that can compromise the integrity of the pills. Also, bathroom cabinets are readily accessible by all, including kids. It's better to store drugs out of sight and reach of children. Keep dangerous medications locked away.

- Routinely discard expired or unneeded medications. Medicine take-back programs for disposal are a good way to remove medicines from the home and reduce the chance that others may accidentally take the medicine.

- Consult with a doctor before beginning or ending medication.

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# Teacher of the Year -Covenant Christian School-

Covenant Christian School is pleased to announce its 2015 recipients of **Teacher of the Year: Mr. Brian Cieslak & Cindy Corey**

**Covenant Christian School in Palm Bay recently presented their Teacher of the Year award** to two exceptional educators.

Brian Cieslak joined the secondary staff at Covenant Christian School in 2006 coming from Ft. Lauderdale where he taught in private schools for several years. He has a Bachelors degree in Computer Science from Clemson but is a math whiz in every sense of the word: Geometry, Algebra II, Trigonometry, Precalculus, AP Calculus, AP Stats, flipped classrooms. He mixes the seriousness of math with Dora the Explorer, fun, snowball fights, and jokes. Students love his encouragement, his challenge, and his extra help before school, after school, study halls, and lunch. With SAT Prep, new technology, and Khan Academy, Mr. Cieslak has made classes interactive, fun, and engaging. He has led the charge in area math competitions preparing our students for success. Whether for the math-minded, engineer-bound, or struggling student, Brian Cieslak devotes his time and energy to perfecting the art of math instruction and helping students grow in their understanding. The faculty love that when he sits down with you, he asks questions about how you're doing, how are your kids, and how are your classes going? Students love that on Fridays, Mr. Cieslak asks what they heard God say at chapel that morning.

And suddenly math class is testimony time.

Mr. Cieslak is tireless in his teaching, his coaching in and out of class, and his service to the Lord. Covenant Christian School is pleased to recognize Brian Cieslak as our Secondary Teacher of the Year.

Cindy Corey, the Elementary Teacher of the Year, is known for her enthusiasm, encouragement and love of reading. Not only do her current students get excited about reading and eagerly clamor for the next book in a series, but her former students stop in to borrow books and chat. She has established a book club, where 4th, 5th and 6th graders gather after school to discuss the chosen book of the month.

Every year Mrs. Corey also inspires her students to run, taking class time weekly to run a mile. She challenges the children to improve throughout the year while she runs alongside them, cheering and encouraging. A number of them will join her in participating at community running events. She reports on these times with enthusiasm and genuine pride and affection for her students.

Mrs. Corey teaches organizational skills that will benefit her students for the rest of their lives. She guides them in learning how to study with checklists and outlines that take them step by step



to success.

One grandmother has commented that, "Mrs. Corey's classroom is not defined by four walls; she makes sure her students relate lessons to the outside world. She (takes her students on) a field trip to St. Augustine where their social studies lessons ... come alive!"

Mrs. Corey can be found at yard sales in Palm Bay and Melbourne, always looking for books and materials that will enrich the classroom experience for her students. Mrs. Corey has a Bachelors degree in Elementary Education from Asbury College in Wilmore, KY and a Master's degree in Special Education from Mercyhurst College in Erie, PA. She has taught at Covenant for ten years in 4th grade. Prior to this, she taught kindergarten and Reading Recovery in the Brevard Public School System.

Covenant Christian School is proud to honor these two outstanding teachers.

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# MAKING A Difference

## Domestic violence...

these two words evoke a host of thoughts and emotions.



**What a huge topic to consider when 1/3 of women worldwide will be a victim of this crime.** With such staggering numbers, how can one individual make a difference?

How do we even begin to start a conversation about a topic that affects so many?

We can begin by taking that first step. Starting locally and watching the seeds that we plant grow to become part of something bigger than ourselves, part of the national movement. Serene Harbor is reaching out to Brevard Community gentlemen Leaders to join with them on Thursday, April 30th, from 5-9 pm for the award-winning international men's march to Stop Rape, Sexual Assault and Gender Violence called Walk a Mile in Her Shoes®.

There is an old saying "You can't really understand another person's experience until you've walked a mile in their shoes." Walk a Mile in Her Shoes® asks men to literally walk a mile in women's red high-heeled shoes. It's not easy walking in these shoes, but it's fun and it gets the community to talk about something that's really difficult to talk about: gender relations and men's sexual violence against women.

Join Grand Marshall, Sheriff Wayne Ivey, as he stands with other community leaders to bring awareness to this important issue. Go to Serene Harbor's Facebook page to see the challenge video the Sheriff posted to all elected Brevard County Officials and Police Chiefs to get involved.



You can walk or sponsor a walker at [www.sereneharbor.org](http://www.sereneharbor.org). All donations are tax deductible.

Serene Harbor is the first line of defense against domestic violence. They have provided crisis intervention to over 20,000 women and children from Brevard County and now offer shelter for pets. They see first-hand the devastation domestic violence can cause a family. It is never an easy choice for a woman to leave her abusive situation. The journey to living a violence-free life is long and difficult.

When every negative and derogatory comment is like a slap in the face, it can take years to overcome this devastating blow to one's self worth and ability to believe in a better future.

You can make a difference here in Brevard County. Join Serene Harbor and all the gentlemen who are making a difference at the Melbourne Auditorium from 5-9 pm on Thursday, April 30th. Tickets are \$10 in advance

or \$20 at the door and include admission into What a Girl Wants, an event with 50+ vendors, silent auction, raffles and a face-off between the Brevard County Sheriff's Deputies and Brevard County Firefighters. \$50 VIP tickets are also available which includes a goody bag, reserved seating and drink ticket. To purchase tickets, participate as a walker, sponsor a walker, become a vendor or for further information, go to [www.sereneharbor.org](http://www.sereneharbor.org) or call Nancy Peltonen at 321-726-0402 or [sereneharbor@cfl.rr.com](mailto:sereneharbor@cfl.rr.com). It's up to you!

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# 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.

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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# CHIROPRACTIC OFFICE ANNOUNCES NEW LOCATION

## SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

**Dr. Deanna Carlisle is pleased to announce that she has recently moved her offices to a new location.** As her practice grows, this new and larger space will allow her to better serve her patients. She and her staff can now be found at 152 N. Harbor City Blvd., Suite 100, Melbourne, Florida, half way between the Melbourne and Eau Gallie Causeways.

Dr. Carlisle is a native Floridian who grew up in Palm Bay. She attended Brevard Community College and the Florida Institute of Technology in Melbourne.


She went on to complete her post graduate work at Life University, College of Chiropractic in Marietta, Georgia. She then returned to her home town, and has been serving the Palm Bay/ Melbourne community for the past 17 years.



New and established patients are welcomed to visit her at the new offices. She specializes in a number of chiropractic services including adjustments, electric muscle stimulation, ultrasound, neck and low back traction, and a variety of rehabilitation programs. She is also pleased to offer on-site x-ray facilities.

Patients are pleased to learn that she accepts most insurances including but not limited to BCBS, Cigna, Humana, Medicare, Auto Insurance Companies as well as Workers' Compensation.

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## FORGIVEN DEBT

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

**In 1989, the tanker Exxon Valdez ran aground in Alaska's Prince William Sound** releasing somewhere between eleven million and thirty-eight million gallons of crude oil into the Pacific Ocean. It was one of the worst ecological disasters in history. The remote location, accessible only by the air or boat, made response efforts difficult. The spill eventually covered 1,300 miles of coastline and 11,000 square miles of ocean.

The clean up alone would take four summers and cost approximately \$ 2 billion. In addition, Exxon agreed to a civil suit that would pay the state of Alaska \$900 million, a \$25 million criminal fine and \$100 million in restitution.

Considerable responsibility for the disaster was given to Captain Joseph Hazelwood who was reportedly sleeping at the time of the accident. Granted, the captain of such a vessel was no doubt paid very well, but should he have been deemed solely responsible, it would have been



impossible to pay off a debt of that magnitude.

Perhaps you have heard about someone "writing off bad debts." That sounds all well and good, but it simply means the one to whom the debt is owed must pay. A debt cannot simply vanish. For any debt to be resolved, someone must absorb the cost. Captain Hazelwood was utterly helpless. His only hope was for Exxon, JP Morgan & Company, or their insurance agents to pay off that debt. According to a post a few months ago, that debt has still not been paid.

What if you discovered that you owed a debt even greater? A debt so great that even if you possessed all the resources in the world, it would not come close to paying the debt in full.

Bad news is you do ... we all do. The details of the debt are a matter of record. Romans 3:23 says, For everyone has sinned; we all fall short of God's glorious standard.

But here's the good news; Scripture reveals (John 3:16) that God loves each of us so much, He is not only willing to pay off the debt of our sin and rebellion, it is paid in full.

Romans 5:6, when we were utterly helpless, Christ came at just the right time and died for us.

The debt has been paid in full, it is forgiven ... It's up to you to accept it. Pray: 1 John 1:9

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# 3:16 HAPPY EASTER

THE NUMBERS OF HOPE





## DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...let the Holy Spirit  
do His job."



*"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 praying for my daughter to come to Christ for many years. Renee, who's in her thirties, finally did last year. Unfortunately, she's still doing a lot of things which are contrary to the Bible's teachings, for example: she's living with her fiancé, they're still partying too much on the weekends and she's always making excuses for why she misses church, etc... To her credit, she's cut down on her swearing and she's engaged, to be married, because she doesn't want to live in sin any more. Her fiancé also claims to have accepted Christ, but he rarely goes to church. In my opinion, I think he just said that to please her.

Right now, my daughter and I aren't even speaking and the wedding is quickly approaching. She says I constantly nag her about church and I'm shoving God down her throat. Aren't we supposed to hold one another accountable? I read in Galatians 6:1, "Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently..." That's what I've been trying to do; but it's not working.  
-Patricia of Palm Bay

Dear Patricia,

I think an important word in Galatians 6:1 is "gently." It's easy to get frustrated or discouraged, with our loved ones, when all we want is what's best for them. Quite often, and without even realizing it, we can push a little too hard. I'm guilty of doing this with my own child. It's fantastic that Renee has a Godly mother who prays diligently, and without ceasing, for her. I'm sure you've heard the words, "we're all a work in progress." Try to remember, Renee is a "baby" Christian and everyone's walk with Christ is different. Yes, we hold one another accountable; however, it's up to the Holy Spirit to convict her—not you.

Jesus spoke about this, before His crucifixion, resurrection and ascension, "And I will ask the Father, and He will give you another Helper (Counselor), to be with you forever, even the Spirit of Truth, whom the world (unbelievers) cannot receive, because it neither sees Him nor knows Him. You know Him, for he dwells with you and will be in you" John 14:16-17 (ESV).

Jesus told his disciples that "when He, the Spirit of Truth, comes, He will guide you into all truth" John 16:13 (ESV). He was given to us as "compensation" for His absence because Jesus was getting ready to return to the Father.

The Greek word translated here "Counselor" means, "one who is called alongside" and has the idea of someone who encourages and exhorts (encourages). The Holy Spirit takes up permanent residence in the hearts of believers. Romans 8:9.

The Holy Spirit is "our ever-present helper in time of need, He will never leave us nor forsake us and is cause for great comfort and joy. Thank God for the amazing, and precious gift of the Holy Spirit! Do not be discouraged over your daughter; God hears your prayers. Continue being an example of a woman, filled with God's Holy Spirit, and let the Holy Spirit do His job.

---

(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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## SPANIKOPITA SPOTLIGHT ON COOKING

by Cecelia Danas



**This month's recipe was given to me** by my late husband's aunt. It is served as part of the food for Greek Easter (this year is April 12). You may think this is hard to make, but it is so, so good, and after you make it once it's easier. I hope you enjoy this as much as my daughter and I do.

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

### For the filling:

1 lb. frozen chopped spinach, thaw the spinach overnight or in a colander under warm running water. Squeeze out the liquid

3 Tbs. extra-virgin olive oil

1 bunch scallions (about 3 oz. or 10 small), white and light-green parts only, trimmed and finely chopped

2 cups crumbled feta cheese

1/2 cup finely grated Greek kefalotyri cheese or Parmigiano-Reggiano

2 large eggs, lightly beaten

1/2 cup finely chopped fresh dill

1/3 cup finely chopped fresh flat-leaf parsley

1/4 tsp. freshly grated nutmeg

Kosher or fine sea salt

### For the assembly:

1/3 cup extra-virgin olive oil for brushing; more as needed

Eighteen 9x14-inch sheets frozen phyllo dough thawed and at room temperature

2 tsp. whole milk

### Tip:

Phyllo dries out very fast and becomes brittle when exposed to the air. Wet a clean dish towel and ring it out good and place over the phyllo. Position a rack in the center of the oven and heat the oven to 375°F.

### Make the filling:

Heat a 10-inch straight-sided saute pan over medium-high heat. Heat the oil in the pan over medium heat. Add the scallions and cook until soft and fragrant, about 4 minutes. Stir in the spinach, turn off the heat, and let cool for 5 minutes. Then stir in the cheeses, eggs, dill, parsley, nutmeg, and 1/2 tsp. salt and mix thoroughly.

### Assemble the pie:

With a pastry brush, lightly coat the bottom and sides of a 9x13x2-inch baking pan with some of the oil. Working quickly, lightly oil one side of a phyllo sheet and lay it in the pan oiled side up and off center so that it partially covers the bottom and reaches halfway up one long side of the pan (the edge on the bottom of the pan will be about 1 inch from the side). Lightly oil the top of another phyllo sheet and lay it oiled side up and off center so it reaches halfway up the other long side of the pan. (If your pan has sloped sides, the sheets may be slightly longer than the bottom of the pan; if so, let the excess go up one short side of the pan and then alternate with subsequent sheets.) Repeat this pattern with 4 more phyllo sheets.

Next, lightly oil the tops of 3 phyllo sheets and layer them

oiled side up and centered in the pan. Spread the filling evenly over the last layer.

Repeat the oiling and layering of the remaining 9 phyllo sheets over the filling in the same way you layered the previous 9. With the oiled bristles of the pastry brush, push the edges of the phyllo down around the sides of the pan to enclose the filling completely.

With a sharp knife, score the top phyllo layer into 24 rectangles, being careful not to cut all the way through to the filling. Using the same pastry brush, brush the milk along all the score marks (this will keep the phyllo from flaking up along the edges of the squares). Bake the spanakopita until the top crust is golden brown, 35 to 45 minutes. Let cool until just warm. Cut into rectangles carefully and serve.



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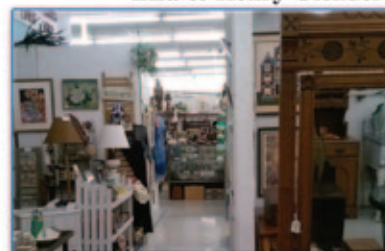
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Lisa & Henry Olender





This month's Community Movers & Shaker is Dan Tardif, CEO of Credit Card Authorization Services.

Dan has dedicated himself to helping others add value to their lives. He has continued to be an agent of change through his service to his country and his community. Before building his own successful business, Dan

served in the United States Navy aboard Trident Submarines. There was a time when he was also known as "Spunky" the clown, working with the Shriners in their charitable endeavors.

Currently, Dan is a member of Toast Masters in Melbourne, and is also a certified John Maxwell coach in their advanced leadership program. He is an active member of the Exchange Club of

Brevard County, the In His Name networking group, the Bayside Lakes Networking Group, the Melbourne Regional Chamber of Commerce, and BNI, Business Networking International.

Dan's passion is making a difference with people who want to make a difference.

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# Melbourne Main Street

## Volunteer Spotlight



### INTERVIEW WITH LACEY ZIMMERMAN

#### What are your current roles in Melbourne Main Street?

Currently I am on the Board of Directors for Melbourne Main Street as the Promotions Chair. I am also the Friday Fest Coordinator, and have been for a year now.

**How many years did you serve on the MMS Board?** I have been a part of Melbourne Main Street for two years now.

**Has the experience at Melbourne Main Street exposed you to other opportunities or contributed to any skills that you've learned?** I actually never thought I'd be as active in the community as I am here in Melbourne Main Street. I sort of just fell in love with this area; it has a quaint feel, while not being too cut off from the rest of the world. It's sort of the perfect mix of everything. I'm way more involved in the local atmosphere and events than I ever thought I would be. So I have learned a lot from those experiences.

## Business of the Month



### BUSINESS OF THE MONTH- ALFIE'S BARBERSHOP INTERVIEW WITH ALFIE

**So how long have you been in your current industry?** I'm going on 10 years in my current industry doing hair behind the chair.

#### How long have you been located in Downtown

**Melbourne?** This business (Alfie's) just celebrated one year in Downtown Melbourne. I've either worked in a business Downtown Melbourne or I've owned a business since 1997.

**So what do you hope for your business in the future?** Continued success, expansion, continue to build our brand and to keep the historic aspect of Downtown Melbourne.

**What's the most exciting part of your job on a day-to-day basis?** Meeting people and hearing the stories they have. Having them tell the stories of the barbershops they went to when they were kids or when they were younger. Just really getting that one-on-one time with the guest in the chair.



## 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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## STOP USING YOUR DEFAULT BROWSER SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

**What exactly is the FREAK security flaw that's been discovered on smartphones** and what do I need to do about it?

A team of security researchers and cryptographers have discovered a security flaw that dates back to the early days of the Internet that exists in many popular browsers. Users of Safari on Mac and iOS devices as well as stock browsers on many Android devices are potentially vulnerable to being exploited when they visit certain secure websites (https://).

It's being called 'FREAK' or "Factoring attack on RSA-EXPORT Key" and it's the remnants of the US government's restriction on the export of strong encryption back the 90's. This forced developers to devise a system that could deliver strong encryption for US-based users and the weaker encryption for foreign users and was an attempt to allow the US government to better monitor Internet activity of foreign users by not allowing them to use our more powerful encryption. The requirement was later dropped, but by that time this dual

encryption delivery system had become a standard part of web browsers.

Today, this legacy design still exists in some popular programs, which leaves users of these programs vulnerable to some pretty serious exploitation on sites that they may assume are secure. We've all been told to look for https:// sites to know that the connection between us and these websites is secure, but the researchers have found a way to exploit this legacy issue. They discovered that they could force browsers to use the older, weaker encryption, then crack it over the course of a couple of hours. Once they broke the encryption, they could steal passwords and personal information and even take over websites to further their attacks.

The researchers have been scanning websites around the Internet to see how many may be using this exploitable hole: They found that about 10% of the top one million most popular secure sites and almost 40% of sites that your browser would trust are vulnerable.



The good news so far is that there hasn't been evidence of any exploits in the wild; the bad news is it's just a matter of time. If you have a Mac computer, iPhone, iPad or iPod Touch and you still use the Safari browser or you're using the default browser on many Android devices, you're the most vulnerable.

Users of current versions of Internet Explorer, Chrome or Firefox are not at risk.

I've always recommended the use of either Chrome or Firefox for any computer or mobile device, because I like some of the unique security features built in; so if you're a Mac, iOS. or Android user, I'd strongly recommend that you switch permanently.

To reduce the confusion on which devices you own might be at risk, take a minute to visit HYPERLINK "<https://freakattack.com/>"[https://freakattack.com](https://freakattack.com/) on everything you own. The website will test your browser and let you know if what you are using is potentially vulnerable. If you're using an older version of Internet Explorer, Chrome, or Firefox, you may need to update it in order to protect yourself.

Apple and Google are reportedly working on fixes, so in the next week or so, you need to make sure and download the updates when they are posted. If you're a webmaster, the "<https://freakattack.com/>"[https://freakattack.com](https://freakattack.com/) site has posted recommendations for what you should do to disable the exploit on your web-server.

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## Name the Advertisers and PLAY to WIN!

### Win 4 Movie Passes Courtesy of Premiere Oaks (pg32)

OUR WINNER LAST MONTH WAS  
**Beverly Wilson of Palm Bay**

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Phone: \_\_\_\_\_

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

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

1. The First Friday by the Bay is is happening when/date  
\_\_\_\_\_
2. Who is offering "No Credit Check financing" ?  
\_\_\_\_\_
3. Our Spotlight chiropractor has a NEW location. What is the address?  
\_\_\_\_\_
4. What is the date of the events on page 12?  
\_\_\_\_\_
5. What page is Wallace Air Conditioning on this month?  
\_\_\_\_\_
6. When is the BLUE WATER OPEN taking place?  
\_\_\_\_\_
7. Who is offering April Early Bird Specials?  
\_\_\_\_\_

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**Schedule of Events**

**Friday, May 29th, 2015**

Registration and party begins 5:00pm  
 Raffles, 50/50 & Captains Meeting - 6:30pm

**Saturday, May 30th, 2015**

Lines in Water - 6:00am, weigh-in 2 - 5pm

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## **THE I-STENT REDUCES OR ELIMINATES THE NEED FOR GLAUCOMA MEDICATIONS AT THE TIME OF CATARACT SURGERY**

The I-Stent represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, M.D., Cataract Surgeon and Fellowship Trained Cornea and Glaucoma Specialist at The Eye Institute for Medicine & Surgery.

“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.



**Jason K. Darlington, M.D.**

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.

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

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

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 Z S F S I M P J X A W L J L  
 O B C E R T F O D B U U F A  
 M U T E R P A C S W X E X K  
 E Q B L R T A R P T V G I L  
 R E W O M S I Q E B S R F A  
 R E W H T Z Y L T A K A D V  
 D E S I C C A T I O N S E C  
 E T A N I M R E G Z N S E J  
 C L I M A T E J O D E W S R  
 M Y L R O T P Z P A W R A K  
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| Bermuda   | Compost     | Germinate  | Seed    |
| Bluegrass | Desiccation | Lawn       |         |

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

OUR WINNER LAST MONTH WAS  
**Karen Garrison of Sebastian**

Name: \_\_\_\_\_  
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 Zip \_\_\_\_\_ Phone: \_\_\_\_\_

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**



# Starting off on the RIGHT FOOT

by Monique C. White, ARNP, FNP-BC



With the spring and summer months quickly approaching, this is the best time to begin or increase your physical activity. It is so important to appreciate these sunny days by engaging in more outdoor activities. How about taking a long stroll, bike riding through the park, or planting a garden? These are all ways to keep fit. Exercise and activity do not have to consist of going to the gym (unless that's what you enjoy). The key is to find something you enjoy and do it as much as possible.

You want to pick an activity that you can stay engaged in for at least 30-35

minutes. Research has shown that you can lose and maintain a healthy weight when you exercise for 30 minutes most days of the week. Most importantly you want to find something that's FUN!! Most people will stay engaged in their activity if they are doing something they truly enjoy.

An important concept to remember when exercising is staying well hydrated. Water should be your first choice. You should drink at least two to three glasses before your activity, an additional two to four during, and finally two to more when you have finished. Other hydrating drinks have value but nothing is better than water.

Sometimes it's important to involve family and friends to keep an activity fun. Maintaining a healthy and well balanced diet will also help you stay fit. Eating foods from each of the food groups is important. You will maintain more energy if you eat healthier food choices including fruits and veggies. Avoid high sugar and high fat foods like sodas and fast food when possible. The CDC has found that 12.7 million children and adolescence ages 2-19 are obese and more than 78.6 million adults in the US are obese (JAMA, 2014).

Help stay healthy and active by reviving up your activity level now.



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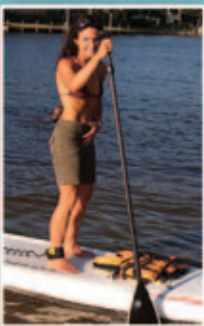
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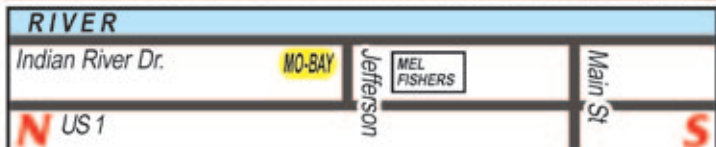
1. **Soup or Salad**

2. **One of Three:**

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Angel Hair Lemon Butter Pasta
- Curry Chicken with rice &  
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- Butterfly Shimp with Fries

3. **Coconut Rice Pudding**

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Family of 3.....\$19,790 - \$79,160

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\*You only qualify for a subsidy if you do not have affordable health insurance at work that is less than 9.5% of your annual income

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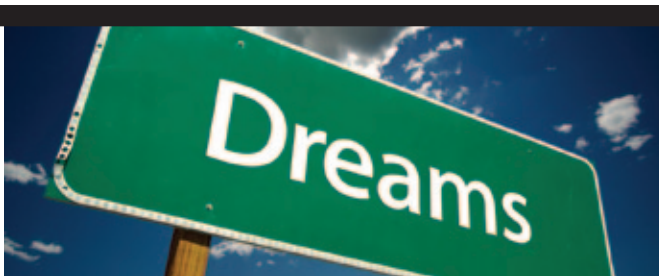


**1**



## LIGHTS OUT!

CCM: Together, doing life RIGHT!



**Did you know that we only dream about faces we have already seen, whether we actively remember them or not?** And dreaming is normal. Researchers say that people who do not dream generally have personality disorders. Also, men have dreams about other men 70% of the time, but women dream about women and men equally. The longest sleeping animal is the koala, which sleeps 22 hours a day. In contrast, giraffes sleep 1.9 hours a day, in 5-10 minute sessions.

One of the most important things we can have is a good night's sleep. Waking up feeling refreshed and energized is a true blessing. I know about this, because I have sleep disorders that prevent me from getting good, restful sleep.

When I was a youngster, I walked in my sleep. That's called "somnambulism" for those of you who want to impress your friends. My parents discovered this one night when I was about 6 and they heard the front door open and close one night. My father dashed out and found me walking in the street in my pajamas. They put locks on the doors, but I would somehow open them, so they took to pushing heavy furniture in front of the doors at night. Eventually I moved on to both sleepwalking and talking in my sleep, waking my parents up at night to announce that there were turtles in my bed, for instance.

As an adult, I've upped the ante with sleep apnea and bruxism, which is grinding one's teeth while sleeping. Because of these things, I wake up many times during the night, so unlike a lot of people, I realize when I'm dreaming and what I'm dreaming about because of this. And let me tell you, some of them are just plain weird! Sleep researchers say, though, that the most common dream across cultures is being chased.

Just as people can sleep physically, they can also be spiritually asleep. It's a good thing to rest our bodies appropriately, but being asleep spiritually is not such a good thing. Spiritual apathy and lethargy means being unresponsive to the things of God.

Romans 13:11-12 says, "And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light."

This Scripture is speaking of the imminence of Jesus' return. We don't want to be caught sleeping when He comes. He warned us that He would come like a thief in the night, so that we ought to stay awake and be watchful so we wouldn't be caught off guard. (Revelation 16:15.)

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Lauren  
Conference attendee

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To register, go to [calvaryCCM.com](http://calvaryCCM.com). Call 321.369.9339 for more information.

As we read the Word, we learn that there are signs of what we should be looking for before His return. In the 216 chapters in the New Testament there are over 300 references to the return of Jesus. The Old Testament prophets, like Job, Moses, David, Isaiah, Jeremiah, Daniel and most of the Minor Prophets, all spoke of Christ's return. The early church taught Jesus would return and Jesus himself promised he would come back at the end of days.

Those days are upon us, so don't get caught sleeping!

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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:

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

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

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

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# A HyperSonic Listening Experience

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

**Every now and then a new technology comes along that disrupts things**, especially those things we think we know, like how sound behaves. I mean everyone knows that as you get further from a sound source that the volume of that sound drops off quickly. The drop is actually an inverse square of the distance times the initial volume at the source.

That means even a small change in the distance from the TV, or speaker, for instance can make the quality of the listening experience entirely different.

With today's big screens, we often find ourselves sitting across the room from a monitor with a sound system designed for folks with normal hearing. Which means that often those sitting across the room with a hearing loss, or even those without, simply miss the dialog.

Turning the volume up may help somewhat. But, often what happens is that the limited sound systems included with even the best of today's large screen TV's begin to saturate, or distort, resulting in sounds that are louder, but actually less clear, and understandable than if that volume control were being operated in the lower third to half of it's range.

A simple fact of every acoustic system is that the closer you get to that full on position, the more distortion is introduced. Up to now, those devices designed to help with the TV required you to wear a headset of some sort that picked up the sounds from the TV and delivered them directly into the ears. All of these devices required some sort of power source and needed to be recharged, or have their batteries replaced and they were limited in their ability to enhance that listening experience to only those wearing the headsets.

But, I'm happy to say that there is a really cool alternative that is just

becoming available that takes advantage of some pretty cool, and amazing properties of sound, and waveforms.

Back in the middle of the nineteenth century a German Physician and Scientist, named Helmholtz, who also happened to have a honking big pipe organ that he liked to play really loud. One day when he was really jamming he noticed that when he played two, or more notes at the same time, that he could actually hear notes, above and below the two primary notes that he was actually playing.

Fascinated, Her Helmholtz set about to build contraptions that allowed him to precisely measure not only where these other notes occurred relative to the primary notes, but also worked out the precise relationship of where these over, and undertones would occur when given the frequency, and intensity of those primary tones. He published the first scientific books on the science behind harmonics and we enjoy his work in all sorts of things musical and acoustic everyday, whether we realize it or not.

Now, fast forward a couple hundred years to a self taught, home grown scientist, and millionaire inventor named Woody Norris. Woody discovered two other properties of sound that professor Helmholtz hadn't. First that when you increase the frequency sounds to somewhere above forty thousand cycles per second the sound no longer acts like a pebble dropped in a pond, radiating out in all directions. No, at hypersonic frequencies, sound, forms a beam, and further, this beam doesn't decay in that reverse square from it's source like normal sound either. It stays coherent over a much further distance and only loses it's energy slowly.

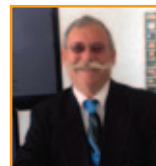


The other amazing thing that Woody discovered was that Helmholtz's harmonics theories work in reverse just fine. By creating a pair of hypersonic carrier signals he created a means to beam that TV, or any other sound across much greater distances without losing it's volume, or clarity.

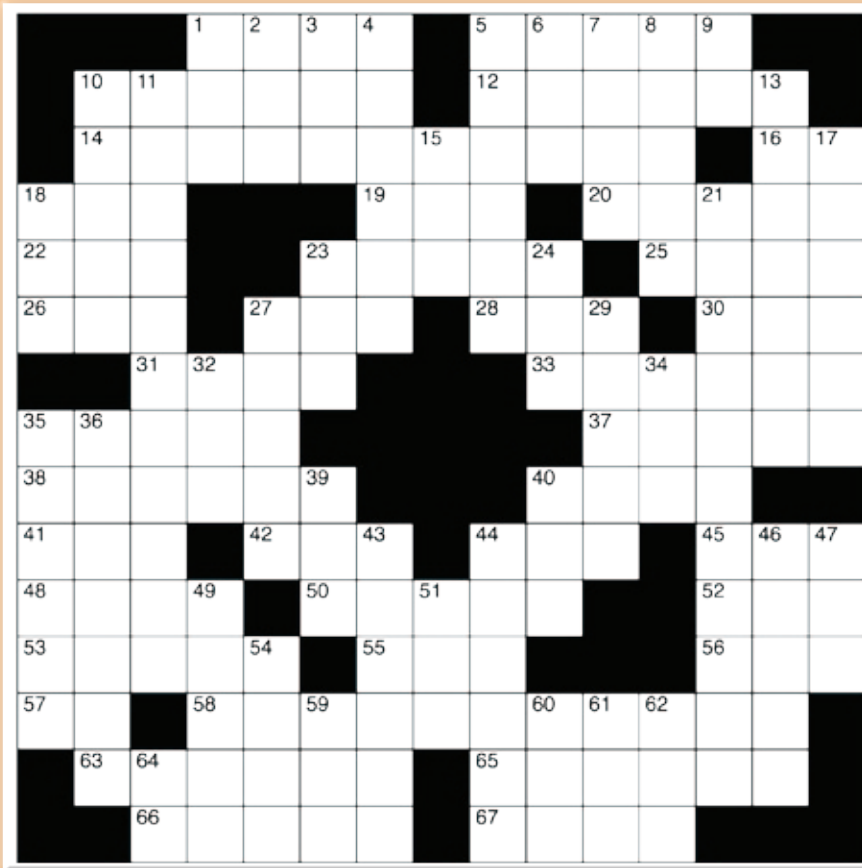
The experience is a truly amazing and immersive one. The clarity and quality of the signal are simply jaw dropping, and seem to come from within your head. Never has TV, or stereo sounded so good. The ability to beam left and right channels to the left and right ears provides a powerful experience, and example of where sound, entertainment and acoustics is going in the twenty-first century.

For a free, personal demonstration of this amazing new technology, just stop by our office any weekday from 9:30 till noon, at 720 east New Haven Avenue, Suite #12, in the Heart of Historic, Downtown, Melbourne Florida. Look for the four foot neon ear hanging on our lab wall. Or just walk by anytime and experience the now you hear it now you don't from the sidewalk right in front, as I've most often got my favorite public radio station, WFIT, being beamed SuperSonicallly onto the sidewalk out front.

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



# Spotlight Crossword Puzzle



## clues ACROSS

1. Piece attached on one side
5. Flat-bottomed boat
10. Oblong cream puff
12. Czar nation
14. Jump rope fast
16. Ma's partner
18. Ink writing implement
19. Wet spongy ground
20. "Gunga Din" screenwriter
22. Root mean square (abbr.)
23. Strobe
25. Former ruler of Iran
26. Provide with a top
27. Chit
28. Actor DeLuise
30. Point midway between E and SE
31. S.E. Asian nation
33. Protein basis of cheese
35. 1976 Music Pulitzer Ned
37. Belonging to Mrs. Parks
38. Tooth covering
40. Satisfy fully
41. Animal companion
42. Fix conclusively
44. 7th day (abbr.)
45. Pouch
48. Employee stock ownership plan
50. Fastened with adhesive or masking
52. Don't know when yet
53. Eagle's nest
55. Early modern jazz
56. Auricle
57. Atomic #81
58. Social class of manual laborers
63. Groups of regional animals
65. Release draft animals
66. Musical notations
67. Bearing or manner

## clues DOWN

1. Grippe
2. Scientific workplace
3. Afflict
4. Construction of parts off-site
5. Cut back shrubs
6. Road furrow
7. The Nazarene author
8. Fire residues
9. 3rd tone
10. Excessive fluid accumulation
11. Fellow plotter
13. Inability to use or understand language
15. 12th calendar month
17. Greek capital
18. Communist China
21. Philadelphia sandwich
23. Neverland's Peter
24. Medical man
27. Domesticates
29. Murdered in his bathtub
32. Dreaming sleep state
34. Drunkard
35. Double
36. Of one
39. Allow
40. Sorrowful
43. Dining hall furniture
44. Partition between 2 cavities
46. Reduce in amount
47. Where passengers ride
49. Sacred fig tree (alt. sp.)
51. Poet Edgar Allan
54. Sea eagle of Europe
59. An awkward stupid person
60. Black tropical American cuckoo
61. Whisky
62. Electrically charged atom
64. Atomic #89

# ARE YOU TOXIC?

## Find out with a Hair Mineral Analysis Test



**HOLISTIC HEALTH MINISTRY offers Hair Mineral Analysis Testing which is a simple, inexpensive laboratory test** utilizing a small hair sample to determine body mineral levels and toxic metals. It has a proven track record with more than 35 years of clinical research and hair is used by the Environmental Protection Agency in determining toxic metal exposure.

Test results are printed on an easy-to-read graph which includes the mineral and toxic element results. The graph is included in a 25 page report including information related to metabolic rate, energy levels, sugar and carbohydrate tolerance, immune system, autonomic balance, glandular activity and metabolic trends, a personal dietary supplement program, basic diet recommendations and other information inferred from the

test results. Nutritional recommendations are aimed at holistically balancing the body and gently detoxifying harmful heavy metals.

Hair Mineral Analysis provides a window into cellular metabolic activity and can reveal mineral imbalances and heavy metal toxicities which are associated with many conditions such as Depression, Headaches, Hair Loss, Hyperactivity, Arthritis, Skin Problems, Weight Gain, Insomnia, Allergies, Fatigue, Psychological Disorders, Emotional Problems and Cancer, just to name a few.

Our hair tissue mineral analysis is performed by a licensed clinical laboratory and is a screening test for the levels of 20 minerals and toxic metals in a sample of hair. With a hair analysis, the results are extremely accurate on the

following eleven minerals: Calcium, Chromium, Cobalt, Copper, Iodine, Magnesium, Manganese, Selenium, Strontium, Sulfur, Zinc (these minerals are of major importance in health and disease) and the following toxic heavy metals, Aluminum, Arsenic, Cadmium, Lead, Mercury, all of which are cancer causing. The hair test is a tissue mineral biopsy that is non-invasive and relatively inexpensive. For appointments (required) please call 321-549-0711. Dr. Kevin Kilday, PhD, Holistic Health Ministry, 500 N. **Please see our advertisement on page 20.**

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# HEALTH FIRST COMPLETES 1ST DIRECT ANTERIOR Hip Replacement with Robotic Arm in Central Florida



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REPLACEMENT

**Health First orthopedic surgeon Dr. John Perry recently completed the first** robot-assisted, direct anterior hip replacement in Central Florida. The minimally invasive procedure took a little over an hour to complete at Health First's Holmes Regional Medical Center, and the patient was up walking the

next morning. "We're excited to be able to offer this innovative procedure for our patients here in Brevard County and to help them get back on their feet and resume their daily activities even faster," said Randy Currin, Health First Vice President of Surgical Service Lines.

Dr. Perry utilized the MAKOplasty® Hip and RIO® system, a highly advanced, surgeon-controlled robotic arm that enables the accurate alignment and positioning of implants. The robotic procedure also can be used for posterior hip and partial knee resurfacing.

**How It Works:** The RIO system provides a patient-specific 3-D image of the patient's hip based on a pre-operative CT scan. Using the 3-D model, the surgeon can then plan the optimal size and position of hip implant components. An implant consists of a cup and liner placed in the acetabulum, or socket of the pelvis, and a femoral component with a femoral head and stem. The position of these components is critical for proper biomechanical reconstruction of the hip.

"Getting implants positioned correctly helps improve surgical outcomes and extend the life span of the implants," said Dr. Perry, who is board-certified in orthopedic surgery with an emphasis in traumatic injuries and joint replacements. "This technology, in conjunction with our dedicated and specially trained team, enables us to more accurately achieve the right fit based on a patient's unique anatomy."

In addition to Dr. Perry, Dr. Robert Brennan and Dr. Daniel King are credentialed in MAKOplasty for total hip replacement and partial knee resurfacing and have privileges at Health First's Holmes Regional. Health First orthopedic surgeon Dr. Kenneth Sands along with Dr. Raymond DeLorenzi and Dr. Robert Love are credentialed in MAKOplasty for partial knee resurfacing.

Direct anterior hip replacement in combination with robotic technology allows for:

- Smaller incisions and no cutting of muscle
- Faster recovery times
- Extremely low dislocation rate compared to traditional methods



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# Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

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

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

OUR WINNER LAST MONTH WAS  
**Diane Watson of Merritt Island**

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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