

COMPLIMENTARY
may 2015

spotlight

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MAGAZINE

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**Indian River Antique Mall
is Honoring Mother's Day
& Memorial Day**

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pg3 » Spotlight BUSINESS OF THE MONTH IS

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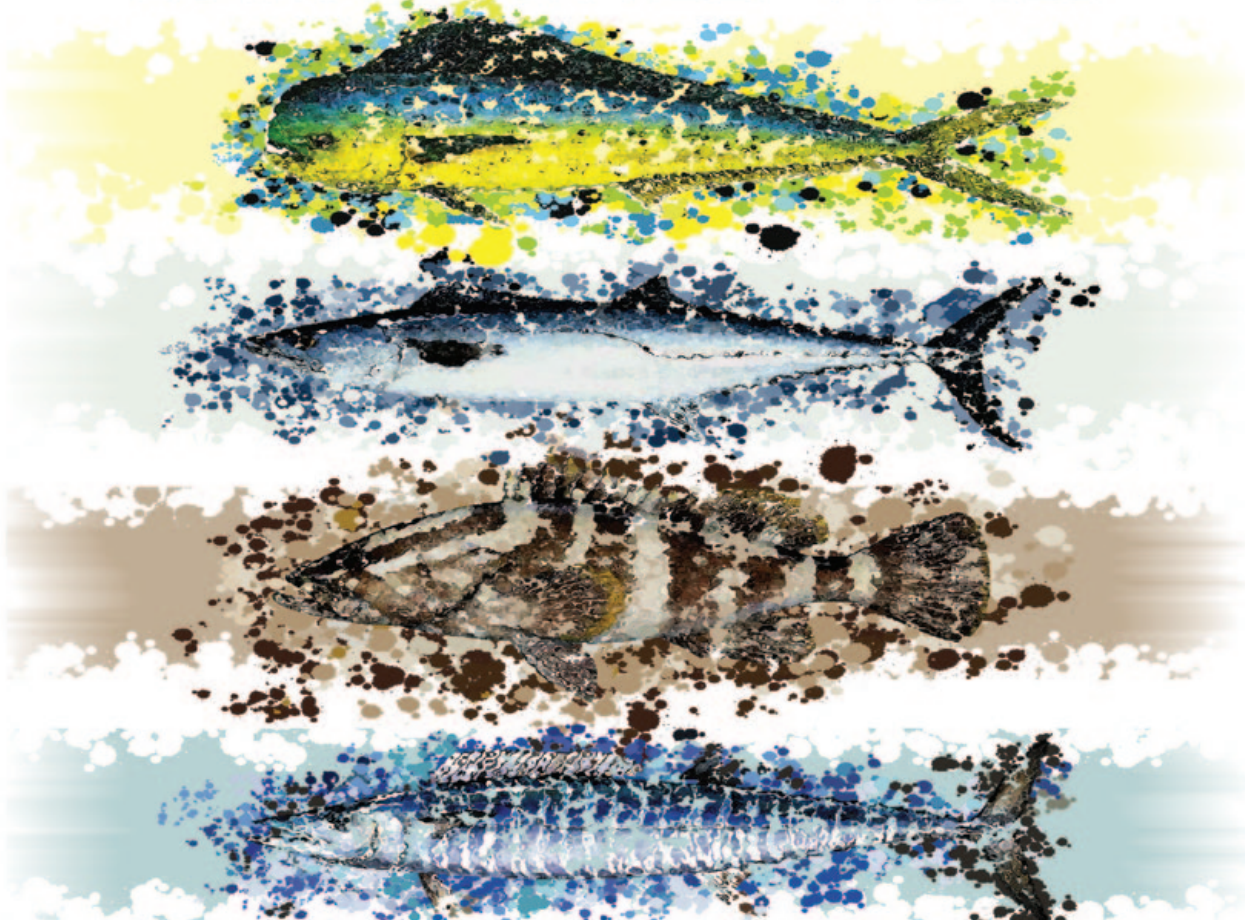
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Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

My goodness, we are already 5 months into 2015! Where does the time go? If you are like me, you are noticing that time does not slow down as you get older...it starts to move at the speed of light! All the more reason to cherish each moment of every day. Make each day count, and don't miss an opportunity to share your time, talents, and love with those around you.

Speaking of love, remember that Mother's Day is Sunday May 10th. It's a great day to celebrate with your own mother, if she is still with you, or to pause and think of her even if memories are what you now have. Thanks to all of you mothers; your job is the most important one there is.

Thanks go out as well to all of you who have served or have had loved ones in the armed forces. Memorial Day is Monday the 25th. Although it marks the official start to summer, we all need to pause and reflect on the true reason for the holiday... to honor all those who have sacrificed for all of us.

Here at Spotlight Magazine, we are always looking for feedback on how we can make our monthly publication even better and more informative. Please feel free to write, email or go to our website with any comments or suggestions you might have.

Until next month,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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A MONTHLY PUBLICATION

May 2015 | Volume 18 | Issue 05

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may 2015



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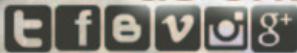
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THE SWORD MENTALITY

by Jim Campbell, First Baptist Church of Melbourne

One of my favorite movie series is the “Lord of the Rings” series. “It’s got all kinds of intrigue, and interwoven stories...plot and subplot and subplot of subplot...loads of overtones and subtle lessons, as well as great, quotable one-liners...all based on a really great book series by J.R.R. Tolkien. While the books are great, the movies I like a little better...why? Because I’m a guy and I love the WEAPONRY. Swords are awesome and they are all over this movie. Swords are MAN weapons... yeah, you may like guns and I agree, it’s bad to bring a sword to a gunfight, but I like swords better. Every boy wants a sword...every stick a boy ever plays with, if he has it long enough, BECOMES a sword. Sometimes, it becomes a sword that your Mama takes away from you because you hit the preacher’s kid with it, but he was asking for it, I swear.

Swords are great MAN weapons because they are easy to operate...just swing them fast and swing them hard at whatever you want to get rid of. If it doesn’t work right, just swing it harder and swing it faster...that’s easy.

As Christians, though, bringing a “sword” mentality to your Christian life can be dangerous to you. Many well-meaning Christ followers live by the sword mentality...if I mess up, then that means I just need to “swing harder and faster” and I can be righteous. If they can’t swing hard enough, then, they struggle with all types of things...“God hates me”, “I hate God”, “I’m not good enough”...frustration, anger, inadequacy...you name it. They may justify a sin-controlled behavior or just accept a life that is worse than God intended.



What we miss is that we were never intended to be able to swing hard enough to be right with God. That honor is Christ’s, on our behalf. We are to defeat sin in our lives by walking in the Spirit of God, allowing Him to change and mold us into what He’d have us be. My job is more about becoming like Christ than it is about “not” being a liar or a thief or a gossip or a murderer. The Christian life is not simple “habit management”. God is not satisfied with us just “not being” what we were and “not doing” what we used to do...He has a much greater plan than that for our lives...something valuable and worthwhile. We don’t live

in some reality where just avoiding the don’ts of Scripture keep us sin-free, no sin is ANYTHING, morally good or morally bad, that is different than what God would have for us at the moment. When we think that we’ve got this buffet of good and bad things in life and we are just to pick the good we want, then we miss the point of sin. God’s not into stuffing our “moral resume’”, He’s into us living the life He created for us to live. It’s a life where sin is killed by submitting to Him and His will, not by our force of will, but by exposure and association with the Spirit of God. As I am influenced by God and as I submit to His direction, the behaviors fall away as the control of sin is replaced by the control of the Spirit in my heart. Still, God lets us choose. We can swing away or rest in Him, but remember this saying that I re-worded slightly, because it carries some wisdom here. You can live by the sword or you can die by the sword.

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

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The History of Memorial Day

Though many people are quick to refer to Memorial Day as the unofficial beginning of summer, the day is much more than that. Initially known as Decoration Day, Memorial Day is a day to remember those military members who died in service of the country.

The origins of Memorial Day remain a topic of debate. In 1966, President Lyndon Johnson declared Waterloo, N.Y. as the official birthplace of Memorial Day. However, the roots of Memorial Day likely run much deeper, as researchers at Duke University note that during the Civil War, organized women's groups in the south had begun to decorate the graves of fallen soldiers.

Memorial Day as we know it today can likely be traced to Charleston, S.C., where teachers, missionaries and some members of the press gathered on May 1, 1865 to honor fallen soldiers. During the Civil War, captured



Union soldiers were held at the Charleston Race Course and hundreds died during captivity. Upon their deaths, soldiers were buried in unmarked graves. When the Civil War ended, the May Day gathering was organized as a memorial to all the men who had died during captivity. The burial ground was landscaped, and those freed as a result of the Civil War played an integral role in the event at the Charleston Race Course.

While the event in Charleston might have been the first Memorial Day-type celebration in the southern United States, General John A. Logan is often cited as inspiring similar events in the north. As commander-in-chief of the Grand Army of the Republic, a veterans' organization for men who served in the Civil War, General Logan issued a proclamation just five days after the Charleston event that called for Decoration Day to be observed annually across the country. Logan preferred the event not be held on the anniversary of any particular battle, and thus the day was observed for the first time on May 30. Celebrating the day in May also was significant to event organizers because May is a month when flowers are in bloom, making it easier for observers of the holiday to place flowers on the graves of fallen soldiers.

In 1868, events were held at more than 180 cemeteries in 27 states, and those figures nearly doubled in 1869. By 1890, every northern state officially recognized Decoration Day as a state holiday. But southern states honored their dead on a different day until after World War I, when the holiday was changed to recognize Americans who died in any war and not just the Civil War. Nearly every state now celebrates Memorial Day, a name for the holiday first used in 1882, on the last Monday in May.

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Indian River ANTIQUE MALL

is Honoring Mother's Day & Memorial Day

The modern version of Mother's Day was first celebrated in 1908 when Anna Jarvis held a memorial for her mother. Jarvis began a campaign to make Mother's Day a recognized holiday in the U.S. because a mother is "the person who has done more for you than anyone in the world." A few states began recognizing it in 1910, and it became an official national holiday in 1914

As a beautiful woman once said "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child" - Sophia Loren.

At Indian River Antique Mall we recognize that Mother is a special person; she's a Mentor, Organizer, Taxi driver, Handyman, Educator, Referee... these don't even begin to describe all the things a mother has to be. Many of our Antique Dealers at the Mall are Mothers as well and not only do they manage their Antique Business, but also make their loved ones feel loved and important even when she has million other things on her plate.

Mothers Day is your day, and all of us at Indian River Antique Mall appreciate you and the love you deserve.

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Indian River Antique Mall has an unwavering commitment to uphold and Honor Memorial Day. Henry

came to USA from Iron Curtain side of Europe where freedom of speech and expression was very limited, and in some areas none existent.

Memorial Day started in 1866, shortly after the Civil War ended. About 25 Cities on the Eastern Coast claim to have been the birthplace of Memorial Day, and in the spring several tributes were held in various places.

A Mississippi group of women visited Graves to honor the dead, of both Confederate and Union Soldiers.

1868 General John A Logan established Decoration Day to be held May 30th as time for the nation to decorate the graves of the Civil War with flowers. (It's believed that date was chosen because flowers are in bloom all over the Country). By 1890 each State made Decoration Day an official Holiday. In 1971 Congress changed this to "Memorial Day" and declared it a National Holiday.

1915 the tradition of wearing red poppies began when the famous poem "In Flanders Fields" inspired overseas war secretary to do so.

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HOUSEWORK

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Household chores can be a pain in the sacroiliac. Unless you're careful, routine activities around the home - washing dishes, vacuuming, even talking on the phone - can strain your back, including the sacroiliac area near the tailbone, and result in debilitating discomfort.

But you can protect your back by knowing the right way to go about such activities, according to the American Chiropractic Association (ACA).

Consider lifting. It doesn't matter

whether you're picking up your child or a heavy bucket of water, you need to do it the proper way to avoid injury.

How? Bend from the knees, not the waist. As you lift, hold the item as close to your body as possible. If you have to turn to place it, step in the direction of the turn. That way, you're not twisting your body and straining your spine.



Back-Saving Tips

The American Chiropractic Association suggest the following do's and don'ts for chores and relaxation:

When you wash dishes, open the cabinet beneath the sink, bend one knee and put your foot on the shelf under the sink. Lean against the counter so some of your weight is supported in front.

When ironing, raise one foot a bit. Place it on a small stool or a book to take some strain off your back.

To vacuum, use a "fencer's stance." Put all your weight

on one foot, then step forward and back with the other foot as you push the vacuum forward and back. Use the back foot as a pivot when you turn.

While talking on the phone, don't cradle the phone between your ear and shoulder. That can lock up the spinal joints in the neck and upper back, and cause pain. Instead, hold



"Unless you're careful, routine activities around the home can strain your back and result in debilitating discomfort."

the phone with your hand or use the speakerphone.

While watching television or relaxing, don't use the sofa arm as a pillow. The angle is much too sharp for your neck.

Use a cold pack if your back begins to hurt. Wrap an ice pack in a towel moistened with warm water. The warmth gives way to gradual cold, which likely will alleviate the discomfort. (No ice? Try frozen veggies instead.)

If pain persists for more than a day or two or if you experience numbness, tingling or weakness in your arms or legs, see a doctor of chiropractic.

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I'LL BE RIGHT THERE...

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

I'm not sure what prompted it, but I had a flashback this week. I was about 7 years old and my chore was to empty the trash whenever it was full. Not a big deal... most days. It was after dinner when dad reminded me the trash had not been taken out and it couldn't wait until morning. I'm fairly sure it could have, (dad must have read the 'Rite of Passage' and amended it for this situation), and the sound of his voice meant there would be no negotiations. Normally the walk was just 20 yards or so, down a little hill and another few steps to the barrel reserved for trash. That night it was dark and the porch light barely made it to the hill. The worst part was the barrel sat next to an old rail road bridge. During the day we played under the bridge, but at night the shadows and the noises from the tracks came alive. Can I just say, the trash never made it to the barrel.

For those who may not be familiar with the story, here is a quick summary. For a Cherokee Indian youth to be



considered a man, he must endure the 'Rite of Passage.'

His father takes him into the forest, blindfolds him and leaves him alone. He is required to sit on a stump the whole night and not remove the blindfold until the sun shines through it.

"No matter how frightening your circumstances, God is always near, watching over you."

The boy is naturally terrified. He hears all kinds of noises. Wild beasts must surely be all around him. The wind blows the grass and earth, and shakes his stump but he must sit stoically, never uncovering his eyes. Finally, after a horrific night, the sun appears and he removes his blindfold.

It is then he discovers he is not alone. His father is sitting on the stump next to him, having been at watch the entire night, protecting his son from harm.

No matter how frightening your circumstances, even when you aren't aware, God is always near, watching over you. If you are afraid, feel alone, all you have to do is reach out to Him. Trust His promise, He will never abandon you.

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4

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Happy Mother's Day !



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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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HAPPY MOTHER'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



Happy Mother's Day!

I love this recipe because it is simple that the kids (5 and up) can help make with dad to serve mom for breakfast. Or it can be use for a brunch and if you put them in min cup cake pans, substitute the pie crust for wonton skins, for appetizers.

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

Cheese Pork Pie

- | | |
|---------------------------------------|---|
| 1 9-inch deep dish frozen pie shell | 1/2 of a 10 oz frozen chopped spinach thawed and well-drained |
| 1 1/2 C shredded Monterey Jack Cheese | 3 eggs beaten |
| 1/2 C Swiss Cheese | 1 1/2 C milk (I use almond milk) |
| 1/2 lb Bulk pork sausage | |

Put frozen pie shell on baking sheet, do not prick. Bake at 400 deg. for 5 minutes.

Add cheese to bottom of pie shell . In a skillet cook sausage till brown, drain off fat. Stir in stuffing mix and spinach; spoon over cheese. Combine beaten eggs and milk

and pour over sausage mixture. Bake at 325 deg. for 50 minutes or till knife comes out clean from inserting in center. Let cook for 10 minutes before serving.

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This month's honoree and Community Mover & Shaker is Daniel G. Walker of Love Inc.

Dan is the Executive Director of Love In The Name of Christ of Brevard, better known as Love Inc.

Dan is currently Co-Pastor at the Nomad Community Church. For the past 15 years, he has been involved with pastoral ministry, has lived with the homeless, feeding the hungry,

creating employment opportunities, and rebuilding homes. In 2005, Dan assumed his role heading up Love In the Name of Christ (INC) of Brevard, one of over 140 Love INC affiliates across the country. Dan also received the LEAD Brevard County 4 Under 40 Recognition Award, presented in honor of his innovative leadership, professional achievement, and community impact.

Three things drive Dan's passion for serving at Love INC: a deep desire

to live his life fully in love with God, seeing people come together to do amazing things locally, and having the opportunity to journey with those in need as they face the challenges encountered every day.

Please visit LoveIncBrevard.com to learn more about this outstanding ministry. Thank You Dan for being our Community Mover & Shaker.

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Melbourne Main Street

Volunteer Spotlight



INTERVIEW WITH CASEY GILBERT

So how has your experience been at Melbourne Main Street? My experience with Melbourne Main Street has been extremely positive. This is a wonderful Board of Directors, an amazing non-profit organization here in Downtown and I couldn't be happier with the time I've spent here.

Tell us some of your best moments while working for Melbourne Main Street. There's so many. We launched a logo contest almost immediately when I came on as Executive Director, which gave us this beautiful new logo. We've used that logo to rebrand the organization and we've also overhauled our website which is gorgeous and you can see a ton of great videos on their of some of our volunteers and our Business of the Month-so make sure you checkout downtownmelbourne.com. We also had an amazingly successful FIT Homecoming and Fall Art Festival and we made our Friday Fest event more merchant friendly. So lots of wins for our organization this year.

Read more at www.downtownmelbourne.com

Business of the Month



BUSINESS OF THE MONTH-GUILTY PLEASURE BAKING COMPANY

So how long have you been in your current industry? I have been in my current industry a little

over 5 years. We started five years ago and we purchased Sue-Ann's Bakery, which is where we started, and my goal was to be in downtown within 3 years. Properties came up, we looked at them, they weren't exactly right, and when this came up, we knew this was exactly where we wanted to be.

What made you choose Downtown Melbourne to open your business? We like Downtown Melbourne because it's just a very small town and a local community here that we just love. We think all the restaurants are so great and we have yet to meet someone we didn't know! People who have come in, know people that we know from New Jersey, from New York, from Pennsylvania. It's just been a very eclectic group of people and the other business owners have just been so welcoming and really great.

Read more at www.downtownmelbourne.com



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CABLE VS DSL FOR CORD CUTTERS SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service



If you are currently fed up with your internet and cable provider and are thinking of going with DSL for internet and just using an antenna and Netflix/Hulu/Amazon/Roku for the rest, you are considering becoming a 'cord-cutter,' which refers to households that have cut out cable or satellite television service and gone to Internet streaming services for their content. Let's first address the cable vs DSL question, which in many ways is like the classic Ford vs Chevy argument -- there is no one answer for everyone.

The reality of internet connections is that where you live, who else is on the same network, and what you want to use the connection for, will play big roles in your overall experience. In general, cable can provide more raw speed for the buck, including the all-important upload speeds for gamers and heavy up-loaders of pictures and video.

The downside to cable internet service is that you're sharing the connection with others in your neighborhood, so performance can vary based on the

quantity and activities of your neighbors. Think of it like water pressure; if everyone decides to water their lawn at 5:30pm, you'll all notice a drop in water pressure everywhere.

DSL connections may be at a slightly slower-rated speed, but your experience isn't impacted by others. DSL speeds are impacted by how far you are from the provider's hub: The farther you are, the slower the average speeds. Remember that all of the bandwidth providers advertise speeds 'UP TO' meaning 'your mileage may vary' (and likely will) so don't base your decision to switch on the advertising you see.

Before you assume that your current internet provider's service is the problem, make sure you've thoroughly eliminated your own infrastructure as the cause. Older cable modems, routers, and even an old Ethernet cable can often be the cause of performance issues, so you may want to do some troubleshooting of your own equipment first.

You can also use sites like <http://testmy.net> to run speed tests on the connection between your connection and the Internet at large. If the test results show that you actually have a pretty solid connection (5Mbps or higher), then the problem may be your computer, cabling, or networking gear.

HD quality video streams generally do best with 5Mbps download speeds or greater per stream, so if you expect to use multiple streams on a regular basis, more is better.

If your speeds are really slow, ask neighbors that pay for the same service to do the same test. If their speeds are a lot faster than yours, the problem could be a damaged cable connection in or outside of your house, in which case you should schedule a technician from your provider to test everything.

To determine whether you can live without cable television service, you have to start with what you want to be able to watch. Most people are surprised when they see all the Digital HD channels that you can get for free with an HD antenna that ranges from \$30 to \$75 (54 channels in my area).

From there, you'll have to do a thorough review of the content offered by all of the streaming boxes (Roku, Apple TV, Chromecast, Xbox, etc.) and streaming services (Netflix, iTunes, Hulu Plus, Amazon Prime, etc.) to figure out what you're willing to pay for.

Newer streaming services such as Sling TV <https://www.sling.com> which includes ESPN and the much anticipated HBO online will make cord cutting even more appealing.

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1. What is the name of the book being advertised in this issue of Spotlight?

2. Who is offering a CPA Tip of the month?

3. Name the company offering Military Discounts.

4. What band is playing at the next First Friday by the Bay event?

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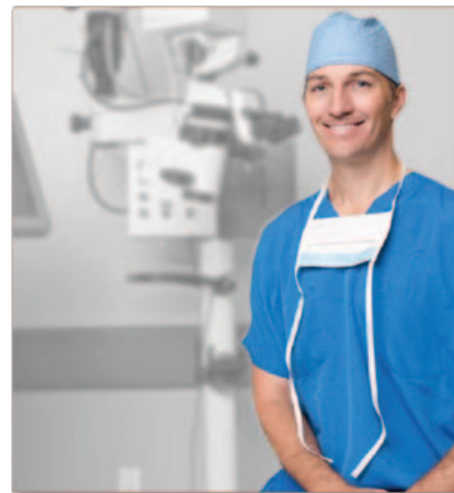
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The device represents the latest innovation in treating patients with glaucoma at the time of their cataract surgery, according to Jason K. Darlington, MD, cataract surgeon and fellowship-trained cornea and glaucoma specialist The Eye Institute for Medicine & Surgery.

"The iStent is highly effective, as it reduces eye pressure twenty-four 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.



Jason K. Darlington, M.D

DEVICE BENEFITS

There are many benefits to reducing or eliminating the need for glaucoma eye drops, explains Dr. Darlington, who completed the prestigious Lindstrom Fellowship in cornea, refractive and glaucoma surgery under Dr. Samuelson, at the Phillips Eye Institute in Minneapolis. Dr. Samuelson was a thought leader and an integral participant in the FDA approval process of the iStent.

Over a period of years, glaucoma medications can cost many thousands of dollars. Additionally, there is often a burden placed on patients to use eye medications multiple times per day in an attempt to control their glaucoma. When compliance with medication regimens is less than ideal, a loss of vision may result.

Reducing or eliminating the need for glaucoma medications may also eliminate many side effects, such as redness, dryness, irritation and excessive eyelash growth.

"Patients and their families have a great sense of comfort knowing that the iStent is working to maintain a healthy eye pressure twenty-four hours per day, oftentimes without the need for additional eye medications," explains Dr. Darlington. "Controlling eye pressure throughout the day and night on a continual basis leads to better long-term results."

The specific benefits of the iStent include placement at the time of cataract surgery, with no need for a second eye surgery; no additional recovery time or medications outside of the standards for cataract surgery, virtually no risk as compared to more complex valve or tube surgeries for glaucoma and substantial financial savings relating to glaucoma medications.

"In my experience, the need for fewer medications makes for happier patients," states Dr. Darlington, who has performed research utilizing a double-mirrored lens to facilitate the placement of the iStent at the time of cataract surgery. "The goal of my research is to help ophthalmic surgeons all over the world bring the iStent technology to their patients.

"My hope is that by doing so, we may help many thousands more patients enjoy a lifetime of good



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vision and spare them from suffering the debilitating effects of vision loss associated with glaucoma," Dr. Darlington states.

EARLY DETECTION IS KEY

The key to achieving a successful outcome with respect to glaucoma management is early detection of the disease and appropriate therapy, according to Dr. Darlington.

"Glaucoma is known as the *sneak thief of sight* because, in most cases, it is a symptomless disease process until a great deal of vision has been lost," he explains. "This is why a thorough, dilated, annual, eye examination by your optometric physician or ophthalmologist is critical. Your eye doctor can assess the various structures inside of your eyes and determine if you are at risk."

Some of the key measures doctors consider when determining if a patient is at risk for glaucoma include: family history; eye pressures, taken by *applanation* (observation of the cornea); appearance of the patient's optic nerves, the patient's corneal thickness, computerized three-dimensional analysis of the patient's retinal nerve fiber layer, computerized analysis of the patient's visual field and the communication between the brain and the optic nerves, and analysis of the depth of the anterior chamber of the eye.

Some people are at greater risk than others for developing glaucoma, advises Dr. Darlington. Those at greater risk include people over age 40, women, people who are nearsighted, those who suffer from diabetes; people of African, Asiatic, Hispanic or Northern European ancestry; people with a close blood relative who has the condition and people who regularly use steroids, such as those on chronic pain medications or inhalers for asthma.

OPTIMIZING OUTCOMES

One of the most frequent conditions that patients seek Dr. Darlington's expertise for is cataracts. "In many cases, my colleague Dr. James McManus and I can help turn back the hands of time and restore a patient's vision, making it similar to the way it was, not just before the person had cataracts, but like it was before they needed reading glasses due to age-related changes."

Restoring and optimizing vision to this level requires the use of special, high-technology lens implants at the time of cataract surgery. Not every patient is a good candidate for these lenses, but for those who are, the vision and independence that they achieve are often described as *life-changing*. For other patients, the greatest challenge to achieving excellent vision, once cataracts have developed, is astigmatism – an irregular curvature of the cornea.

"Depending upon the amount of astigmatism that a patient has, Dr. McManus and I can recommend correction either via a specialized astigmatism-correcting lens implant, known as a *Toric Intraocular Lens*, or we may suggest limbal relaxing incisions be placed," Dr. Darlington says.


These incisions, made directly on the patient's cornea – the outer window of the eye – bring images into focus for many patients who have a low-to-moderate degree of astigmatism. With astigmatism corrected or largely eliminated, some of these patients are able to see clearly for the first time in their lives without the use of eyeglasses or contact lenses.

Dr. Darlington, who has extensive experience performing cataract and glaucoma surgery as well as corneal transplants and refractive eye surgery, 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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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**

Making a Splash with SAFE, FUN SWIMMING

Dr. Mayra Mendoza-Rodriguez

Drowning is the second leading cause of unintentional death among U.S. children ages 1-9. Most infant drownings occur in bathtubs and buckets. Among children ages 1-4, most drownings occur in home swimming pools.

According to the CDC, the highest rate of drowning is in the 0-4 year age group; adolescent boys are the second largest group of drowning victims. It is important to know that children can drown in even one inch of water. Following are swimming safety tips from the AAP:

1) Supervision is essential for all children, regardless of whether they have had formal swimming lessons. Many children who have drowned were being supervised



by adults who turned their backs for just a moment.

2) Families with pools or spas should put up four-sided barrier fences (at least 4-foot high) that cannot be climbed and include a self-latching gate to separate the pool/

spa from the house and the rest of the yard.

3) Portable and inflatable pools also pose drowning risks, and these pools also should be fenced in. Children can easily climb over or fall into the pools, even when ladders are removed.

4) Pool and spa drains should have special covers and vacuum systems that prevent body entrapment and hair entanglement.

To ensure a fun yet safe time for everyone, parents should use multiple layers of protection such as supervising children, learning CPR, and installing fences and an alarm and cover for the home pools/spas.



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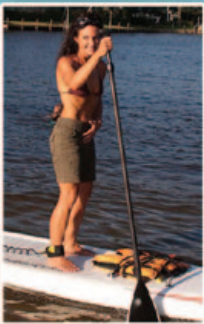
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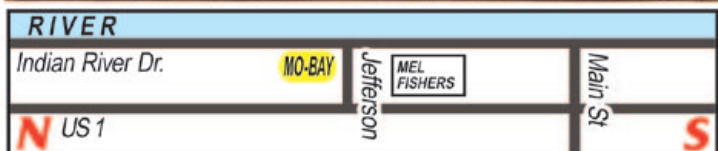
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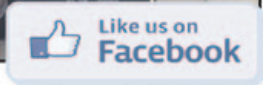
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1

SIGNS IN THE HEAVENS?

CCM: Together, doing life *RIGHT!*

You may have heard something in the news about a “blood moon tetrad”, and that these have a possible connection to end times prophecy. But what is a blood moon, and does it have any significance?



Throughout history, there have been sequences of four total lunar eclipses in a row. (A sequence of four is a tetrad.) These are known as “blood moon tetrads” and are not particularly unusual. What makes this particular blood moon tetrad rare and unusual is the fact that the eclipses occur on Hebrew feast days, over Jerusalem. This latest blood moon tetrad began with a full lunar eclipse on Passover 2014, a second one on the feast of Tabernacles 2014, the third on Passover 2015 (just this past April 4th), and the fourth one will occur on the feast of Tabernacles 2015 (on September 28th).

In addition, on November 3, 2013, there was an H3 solar eclipse over Jerusalem. An H3 eclipse is a Class 3 Hybrid, meaning that it is both total and annular. It is fairly rare, occurring only about 4% of the time. I found all this information on NASA’s eclipse website, which is the same

place I found data about the lunar tetrads.

Recall Genesis 1:14 (NKJV), where we’re told, “Then God said, ‘Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years.’” (Emphasis mine). So here we see some signs in the heavens.

By themselves, heavenly signs may not be that compelling to us. However, when combined with earthly signs, our eyes are opened. Daniel 12:4 speaks of an increase in knowledge, and there has been an explosion of knowledge in the last 150 years, like nothing seen before in history. As well, Matthew 24:37 and Luke 17:28-30 (compared to Genesis 6:13 and Jude 1:7) speak of an increase in violence and sexual immorality, which we clearly see in these modern times, and such things are escalating.

Luke 21:25-26 speaks of an increase in the frequency and intensity of natural disasters. These events are spoken of in the news, but economist Dr. Robert Hartwig, president of the Insurance Information Institute (a man, therefore, who is in a position to know), has said, “The number of U.S. disaster declarations has been trending sharply upward, particularly over the past 15 years.”

What does this mean for us? We have seen signs in the heavens and signs on the earth. There are many, many others that I do not have space to document. In Matthew 24:33, Jesus said that “when you see all these things” you know the time of His coming is “near, right at the door.”

If you do not know Jesus Christ right now, please do not delay! Find a Bible-believing church and learn how you can be saved for all eternity because of God’s free gift of grace. It is yours for the asking.

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

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

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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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Is that **Signal** or **Noise**?

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

When dealing with a hearing loss, or decreased hearing thresholds, the first order of business that we all attend to as professionals, is that of making all of the important sounds needed for understanding speech loud enough to be perceived again. The second order, is to make sure that those sounds being amplified are never amplified too much, or to the point of being uncomfortable. Next you've got to have the gear in a configuration that is comfortable to wear for extended periods.

If, you do these three things, you can help the vast majority of hard of hearing folks hear better, many times much better. Provided that is, that they remain in a fairly simple sound environment. And, for many people who live fairly quiet lives in simple sound environments these steps and gear are enough to satisfy their needs, and expectations for better hearing.

Simple sound environments yield to simple solutions. But, what happens to that simple fitting when you start adding other sound sources to that simple environment? This is where most simple fittings fail, as their users begin to get overloaded with too many sounds and too much information to process, particularly in those multiple voice environments. Environments like social settings, get togethers, parties, restaurants, meetings, and such have traditionally created real issues for folks with hearing loss, and those wearing simple amplifiers.

This occurs because of a loss of what we call the signal to noise ratio. You see, as we lose our hearing we need a greater degree of that signal, as compared to the other noises, in order to pick the signal, out of the background noises. But, just what do we consider the signal, and what is the noise?

Very simply, the signal is anything that we want to hear at that particular moment. Generally we are talking about understanding one particular voice, or person speaking, and many times we are talking about understanding that one particular voice when it is submerged in a sea of other voices, such as at a party, or busy restaurant. Given that what, and who we want to listen to in those environments changes rapidly, and often, moving from one person to another, it doesn't take long to realize that improving that signal in such a way as to make it audible above that of a busy room, is a really complex endeavour.

Unlike the simple amplifiers of the past, today's modern hearing aids are ultra miniature, ear level computers, many with on board wireless technologies that allow them to communicate ear to ear, as well as being able to connect to any number of other devices within their environments, some even being controlled by their users smartphone.

Being computers, rather than simple analog amplifiers, the hearing aids of today are capable of doing amazing things in those complex sound environments. Using a pair of microphones on both ears, ear to ear communications and some very sophisticated signal processing, today's better gear is able to give their wearers an amazing ability to pick that one voice that they want to follow, out of that group, or follow their date's conversation in that romantic, but noisy restaurant. These simply are not the hearing aids of the past, or anything that you've experienced to date.



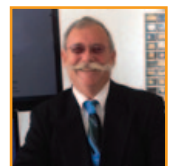
The differences are so great as to defy honest description. They simply have to be experienced to be believed. So, that is what we offer to all those who need help; the opportunity to experience for themselves just how good today's gear performs, even in noise.

If, you or, a loved one has trouble hearing and understanding in noise, we can help. That is what I've been all about now for over thirty years, helping folks get the most out of life and their hearing through amplification, and signal processing technologies. From the latest our industry has to offer, to quality used gear, we have help for every lifestyle and budget.

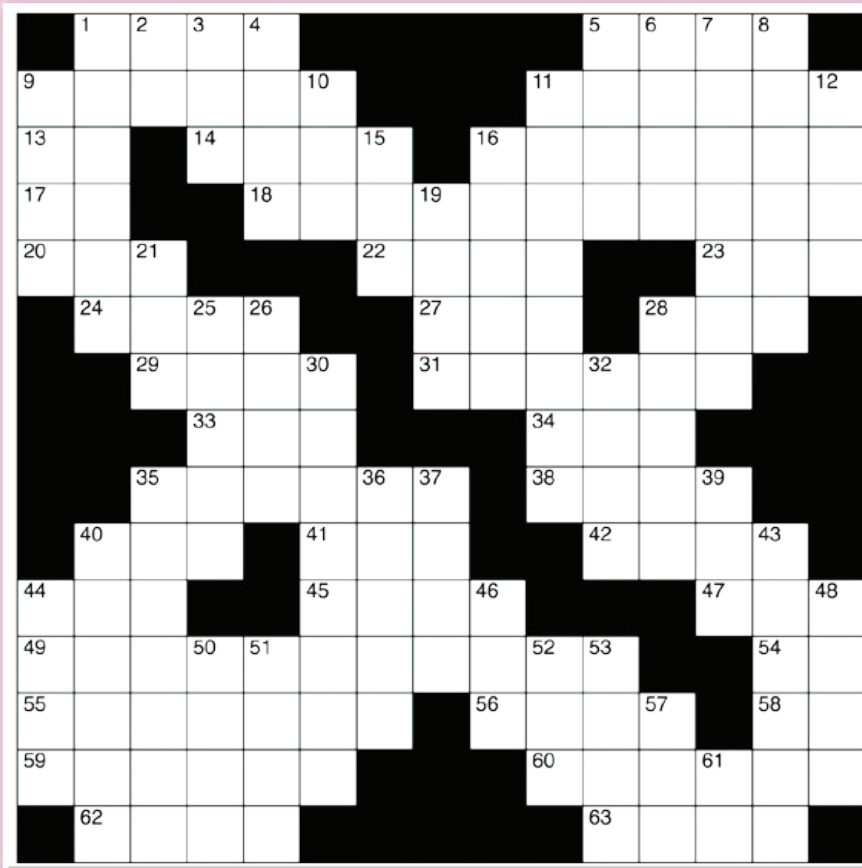
To hear for yourself just how good the world can sound again, give us a call at 321-722-2894, or drop by our office in the Heart of Historic Downtown Melbourne, at 720 east New Haven Avenue, suite 12 any weekday from 9:30 till noon for a free, no obligation chance to experience just how great things can sound again. I personally guarantee a fun, enlightening, and possibly even a life changing experience.

Don't let a hearing loss rob you of the best times of your life, come see us, you'll be glad you did.

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Spotlight Crossword Puzzle



clues ACROSS

- | | |
|--|-------------------------------------|
| 1. William the Conqueror's birth city | 34. Expression of surprise |
| 5. Expired | 35. Declares untrue |
| 9. Muslim greeting | 38. Corn dough |
| 11. Hangs cloth in loose folds | 40. Ocean |
| 13. -__, denotes past | 41. Supply with men |
| 14. Jog | 42. Spring tides |
| 16. Ocean shore | 44. Spooky month |
| 17. Promotion of a product | 45. To tie in Spanish |
| 18. The Constitution State | 47. Possessed |
| 20. Russian space station | 49. Br. Architect Wren |
| 22. Paper mulberry bark cloth | 54. Prosecutor for a district |
| 23. Fiddler crabs | 55. Tribal chieftains |
| 24. Drunkards | 56. Fulfill a command |
| 27. Domestic hog | 58. Location of White House |
| 28. Before | 59. Happy facial gestures |
| 29. Papua New Guinea monetary unit | 60. Cheap showy jewelry or ornament |
| 31. Existentialist philosopher Jean-Paul | 62. Over again |
| 33. V.P. Quayle | 63. Inhabitants of ancient Media |

clues DOWN

1. Coarse woolen braid
2. Gangster Capone
3. Ingest
4. Drug enforcement officer (slang)
5. Expression of annoyance
6. Romanian capital until 1861
7. A person who enjoys good food and drink
8. A way to reason
9. Sewing junction
10. Sound of bovines
11. Metric weight unit
12. Stalk of a moss capsule
15. Explosive
16. Reddish brown
19. Short sleeps
21. Decay
25. Crepe fern genus
26. Actor Connery
28. Wipe out recorded information
30. Imparts motion to
32. Compared to
35. Alight from train
36. N.H. 03832
37. 2 piece clothing fastener
39. Express pleasure
40. A plan, outline or model
43. Give a spanking to
44. NY Times publisher Adolph Simon
46. 17th Greek letter
48. Small, stout cyprinid fish
50. Lazy
51. Merganser
52. Fall back from
53. Enlarge hole
57. Hong Kong dialect
61. Initials of "10" actress

Healthy HOUSE

A healthy house is essential in improving your family's health and the following are some tips that A Best Air & Heat would like to share with you to make your home a "Healthy House".

UV Lites

Germicidal UV light has been proven effective and utilized in numerous applications to improve air quality and therefore your indoor environment. The UV light is installed in your air handler unit. The air handler unit is dark and has moisture which can develop air quality problems.

CHANGE FILTERS REGULARLY

How often you change your filter is determined on indoor pollutants such as pets, smoking or hobbies that produce dust or dander. Most people change them once a month, especially if you have respiratory problems. We even recommend that landlords provide their tenants with



a case once a year so compliance can be met easily. Have them change the filter when they pay their rent. Changing the filter often will also lower electric bills and prevent unnecessary service calls.

AC SYSTEM MAINTENANCE

Getting your AC maintained twice a year will prolong the life of the system. The technician can see small problems and correct them before they become costly. As far as health reasons, the tech can make sure the system is clean and the air you are breathing is of high quality. Also, to prevent fires or high electric bills you should have your dryer vent cleaned once a year.

Surge Protectors should be installed at the time of your maintenance checkup. The summer brings a lot of lightning and this can short your compressor and cause serious damage.

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5 STARS

Health First's Viera Hospital is one of only four hospitals in Florida to receive the prestigious 5-star designation for patient experience from the federal government. Only 251 hospitals (7 percent) in the U.S. earned the top mark.

"We are proud of the Health First associates for their tireless

commitment to providing the highest level of care, respect and compassion to the community we serve," said Stuart Mitchell, Health First's Executive Vice President and Chief Operations Officer. "Thank you to all of our associates, volunteers, physicians and leaders for

creating an environment of patient-centered care."

This is the first time the Centers for Medicare & Medicaid Services (CMS) has evaluated 3,500 hospitals using a one to five star-rating system for patient experience in an effort to make it easier for consumers to choose a hospital and understand the quality of care it delivers.

The 5-star rating is reserved for the highest performing hospitals in customer service and is based on patient experience scores reported in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. The survey covers topics such as how well doctors and nurses communicate with patients, how responsive hospital staff are to patient needs, how clean and quiet hospital environments are and how well patients are prepared for post-hospital settings.

Health First's Cape Canaveral Hospital earned four stars, while Health First's Holmes Regional Medical Center and Health First's Palm Bay

Hospital earned three stars.

About Health First

Founded in 1995, Health First is Central Florida's only fully integrated delivery network (IDN) and employs more than 7,800 associates. The integrator of its IDN is Health First Health Plans offering a wide variety of health insurance options across Central Florida. In addition it operates four hospitals (Health First's Cape Canaveral Hospital, Health First's Holmes Regional Medical Center, Health First's Palm Bay Hospital and Health First's Viera Hospital) and is home to Brevard County's only Trauma Center. Health First Medical Group is the largest multi-specialty physician group on the Space Coast. Health First also offers numerous outpatient and wellness services, including Health First Aging Services, four Health First Pro-Health & Fitness Centers and Home and Hospice care. Visit www.health-first.org for more information.

PUZZLE [PG42] SOLUTION
How well did you do?

	C	A	E	N					D	I	E	D		
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	A	N	E	W					M	E	D	E		

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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
Carol Smith of Palm Bay

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**

Advertiser _____ Page # _____

1. _____

2. _____

3. _____

4. _____

5. _____

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

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