

COMPLIMENTARY
june 2015

spotlight

Keeping You in the Light

MAGAZINE

SpotlightBrevard.com



**The Must Attend Bridal
Event of the Summer
pg12-13**

pg3» Spotlight BUSINESS OF THE MONTH IS

**Space Coast
Country**



Premier Urgent Care



OPEN 7 DAYS • NO APPOINTMENT NEEDED

*A Family of Compassionate Doctors
Serving Our Community and Businesses*

ON SITE

- X-Rays
- Labs
- CT/MRI
- Ultrasound

MINOR EMERGENCIES

- Lacerations • Stitches • Cuts/Bruises
- Sprains/Breaks • Sports Medicine
- Orthopedic Injuries
- Pre-Employment & Sports Physicals
- Auto Injuries • Work Comp

(321) 242-SICK
(7425)

HOURS

Monday - Friday
8 am - 7 pm

Saturday & Sunday
8 am - 5 pm

LOCATED NEXT TO YMCA AT 6300 N. WICKHAM RD., SUITE 101, MELBOURNE, FLORIDA 32940

www.premierurgentcare.com

**SPACE
COAST
COUNTRY**



SPACE COAST COUNTRY

BREVARD'S COUNTRY MUSIC FESTIVAL

IS COMING

FEBRUARY 19 - 21, 2016

FEATURING

**COUNTRY & SOUTHERN ROCK
FROM YESTERDAY AND TODAY**

Location & Bands Coming Soon

Like Us on Facebook @ SPACE COAST COUNTRY

TICKETS - VENDORS - SPONSORS INFORMATION AT

WWW.SPACECOASTCOUNTRY.COM

INFO@SPACECOASTCOUNTRY.COM

Spotlight BUSINESS OF THE MONTH



NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

As we enter the month of June, we realize that 2015 is half over! But lucky for us, our community actives and events are showing no signs of slowing down anytime soon.

The First Friday by the Bay will be having their second street event on June 5th, featuring a unique reggae band experience "506 Crew." The event is FREE and family friendly.

On June 13th, Health First will be presenting their "Health First FREE CPR Day and 5K" at Space Coast Stadium. Come on out and learn how to apply CPR correctly and take home a free CPR Day t-shirt along with new knowledge that could prove invaluable should someone you love ever need this life-saving technique. Other free actives all day long include a First Flight helicopter landing, kids' activities, Brevard Zoo animals, Brevard County Fire Rescue, the 5K run, and much more. Additional information about these and other events can be found right here in your June issue of Spotlight Magazine.

June is also the time of year when we focus the spotlight on our fathers. I realize time has a way of passing by so quickly, and at times we do take things and people for granted more than we all care to admit. This coming June 21st is Father's Day. Please make some time to spend with Dad in person or on the phone. Like many of you, I have parents who have passed on, so keeping their memory alive in our hearts is the next best thing.

Until next month, God Bless!

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION

June 2015 | Volume 18 | Issue 06

Call for Affordable Advertising Rates.

TEL 321-961-3636 | FAX 321-725-2093

DEADLINE IS THE 20th OF EACH MONTH

advertisingSpotlight@yahoo.com

P.O. Box 1197 Melbourne, FL 32902

spotlightbrevard.com

Publisher / Editor
Bryan McDonough

Art Director
Rena K. Seibert
renadesigns.com

Ad Design
Richard Lewis

Contributing Writers
Larry Attig, Jim Campbell,
Dr. Deanna Carlisle,
Cecelia Danas, Bill Ford,
Valerie Oliver, Dan Taylor

Cartoon Corner
Jake Estrada

Marketing Director
Bryan McDonough

PROUD MEMBER OF
Melbourne/Palm Bay Area Chamber of Commerce
Cocoa Beach Chamber of Commerce
Beachside Referral Network
Palm Bay Bayside Referral Network
In His Name Networking Group

MELBOURNE regional
CHAMBER of Commerce



Copyright ©2002 by Spotlight Magazine, Inc.

Spotlight does not knowingly accept fraudulent or misleading advertising. Liability for the contents of all advertising and for any claims that may arise therefrom is the sole responsibility of the entity placing the advertisement. Publication of an advertisement does not constitute endorsement by *Spotlight*, nor is publication of a specific advertisement ever promised. All advertisers are responsible for proofing their own ad and giving consent to print. The publisher has the right to refuse advertising. **Please Note:** The State of Florida requires that all contractors be registered or certified. All Real Estate advertising in *Spotlight* is subject to the Federal Fair Housing Laws. *Spotlight* will not knowingly accept any advertising for real estate which is in violation of these laws.

ALL ADS AND ARTICLES IN THIS PUBLICATION ARE COPYRIGHTED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR USED IN ANY FORM WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER.

inside the Spotlight

june 2015



pg 12



pg 33



pg 43

FEATURES

- Realities for Aging **9**
- Easy Financial Tips to Get on Track **10**
- Brevard's Largest Bridal Show **12**
- 80s in the Park **15**
- Kids, You Can Take Your Dog to Camp **25**
- Simplify Vacations and Simplify the Fun **38**
- Where Can You Get Hearing Care You Can Trust? **41**
- Are You in Pain or Joints Inflamed? **43**

departments

- "HOW TO BE RICH" **7**
- SPOTLIGHT ON CHIROPRACTIC HEALTH **17**
- "TOTAL SURRENDER" **19**
- DEAR VAL, **21**
- SPOTLIGHT ON COOKING **23**
- SPOTLIGHT ON COMMUNITY MOVERS & SHAKERS **24**
- SPOTLIGHT ON COMPUTING **27**
- "A PRESCRIPTION FOR ALL" **33**
- "WHY DOESN'T GOD HEAL ME?" **39**
- CROSSWORD PUZZLE **42**
- "BREVARD COUNTY COMMISSION RECOGNIZES HEALTH FIRST VIERA HOSPITAL FOR 5-STAR RATING" **44**



bay west | church

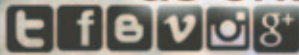
*don't COME to church
BE the church*

NEW time:
11am on Sundays

NEW location:

100 Emerson Drive
Palm Bay, FL 32907
(home of The Mission Church)

connect with
us on:



baywestchurch.org
a campus of FBC Melbourne



HOW TO BE RICH

by Jim Campbell, First Baptist Church of Melbourne

One of the most valuable commodities in this world isn't something that can be possessed or owned and that's a friend. Solomon, recognized traditionally as the wisest man that ever lived, made a study on life. He was not only the most intellectual man on the planet at his time, but also the richest, most powerful ones as well and he put all those resources to bear on a study of life on Earth. He was a prolific writer that countries would send delegations to learn his approach to life and he wrote the book of Ecclesiastes about his findings. In Ecclesiastes 4, he talked about our relationships.

One perspective that Solomon found was people who look at people as competitors or foes. Their life is driven by competition with others. People are secondary to performance and they aren't satisfied unless they are the "top dog" in the crowd. Solomon found that at the end of the day, those people rarely have anyone to share their accomplishments with, because they've put everyone else on the "other side"...and he called that meaningless.

A second perspective that Solomon found is that of a "fan" or seeking fame with "the crowd". These people look for people to affirm everything they do and cheer them on. At the beginning it's great, but they find out that these acquaintances only know the "image", but not the "person". Fans give a distorted view of reality, because they cheer you on, but rarely reel you in. When you need to be confronted or become damaged, they just leave. This crowd

is always looking for something new, so when they find it, the fan seeker is left alone as well. Solomon called that meaningless.

Then there is the "friend". Solomon describes that person relationship as someone who comes alongside and helps



Sometimes pictures can "say" a thousand words!

you. This type of friend will, who when you have fallen down, either by your stupidity or by bad happenstance, help you up or call you out, because they are in this to help you, not themselves. This type of friend is someone that you can trust at your back with that weaknesses that trip you, secrets that embarrass you or mistakes that haunt you. This friend can say the hard things, not just cheerlead. If someone is guarding your back, that also means they could hurt you, so choose wisely.

We all want "friends" like that, but sometimes don't find them, opting for foes to combat or being a fan ourselves to others. Solomon also gave us a great foundation for finding friends. Proverbs 25:17 says that "A man who has friends must himself be friendly..." In other words, "be the friend that you want to have" and hopefully, when life is through, maybe you can say that you are the richest person on the planet because you have true friends.

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.

NOW OFFERING
FAST & PAIN FREE
LASER HAIR REMOVAL

UNDER ARM
NOW ONLY
\$155

ACHIEVE  Beautiful skin

* Per Treatment. Typically 5-7 treatments.

321.720.5473
8045 Spyglass Hill Rd, Suite 101 • Vero, Florida 32943
AchieveBeautifulSkin.com • Joinme@AchieveBeautifulSkin.com

DEALS ON WHEELS
Tires or Rims

Ride on ALL 4
Pay for 1
a Month!

NO CREDIT CHECKS

90 DAYS SAME AS CASH

ABSOLUTELY NO INTEREST

COMPETITIVE PRICING

NEW & USED TIRES

321-327-7988
www.dealsonwheelsmalabar.com
1050 US Hwy 1 Ste #4, Malabar - 1/4 mile North of Malabar Rd.



Mrs. Candy Graham, EA
Tax Accountant
Enrolled Agent, (EA)

West Melbourne Office
7610 Emerald Drive
(Adjacent to Harris on Wickham Road, just North of Ellis)

727-3412
FAX (321) 727-3526





Candy Graham's

ACCOUNTING & TAX SERVICES

 **Serving a Diversity of Corporations and Individuals for All Accounting and Tax Needs for Over 15 Years**

EXTREMELY KNOWLEDGEABLE IN VARIOUS ASPECTS OF ACCOUNTING & TAXES:

• C-Corporations	• Organizations	Accounting
• S-Corporations	• Sole Proprietorships	• Fiduciary Accounting
• Partnerships	• Quarterly Financials	• QuickBooks® Software Implementation
• LLCs	• Financial Tax Audits	
• Payroll	• Trust & Estate Taxes	
• Not-for-Profits	• Financial Managerial	

www.CANDYGRAHAMSACCOUNTINGTAX.com

New "Affordable Care Act" Tax Laws Coming! Call for details.

\$25 OFF
TAX
PREPARATION

with this ad
Expires 6-30-15
Can not be combined with other offers

HOSEA 4:6 – "MY PEOPLE ARE DESTROYED FOR THE LACK OF KNOWLEDGE." – KNOWLEDGE IS POWER!



Realities for Aging

Dear Friends,

Lately the title of this column has caused me trouble sleeping. Four years ago I founded Helping Seniors of Brevard to educate, inform and connect seniors and their caregivers to local resources. There are many different types of groups that collect and distribute private and public funds to serve those who need help. To my chagrin, I am finding mistrusts, misstatements and some "not so good things" at the state and local level. Reporting these are not easy. However, because so many people trust the printed and stated word, I believe we need to be more cognizant of what is accurate and what is not.

For years I have written on the poor and inconsistent ways we manage growing older. After establishing Helping Seniors, our Board of Directors believed there was a need to develop an elder advocacy group to promote development of an aging preparedness plan for Brevard. In 1996, I participated in a United Way study to "Identify the health and human service concerns judged most critical by Brevard County citizens". Eighteen areas were identified of which twelve were connected to seniors:

- Transportation
- Affordable housing
- Financial aid for emergencies
- Home health care



- Home maker/home health services
- Emergency shelters
- Information and referral
- Respite care
- Primary Health care
- Protection from abuse and self-neglect
- Crisis Intervention
- Service and activity activation

Ironically, we are receiving these same comments from our survey distributed in 2015 to provide data for a senior advocacy plan. Since a huge number of United Way, county, state and local charity dollars have been expended to this effort, we have to ask ourselves if we are spending these valuable dollars in a cost effective way aimed at reducing the problem. What progress have we made? Which dollars are unfortunately wasted?

I talked to Rob Cramp, Executive Director of Housing for Homeless, who said his organization served 40 homeless senior families in 2014. I am aware of people who have been on the wait list for affordable housing for the past eight years. We know of Brevard's transportation problem. Churches seem to be the main focus for emergency funds. And who has not heard of problems accessing primary health care? Should I keep going? I think not, for we have the same problems that existed in 1996 even though the state and county has been designated Brevard as an Elder Friendly Community.

As we age we change, including our bodies, our physical capabilities, our energy and our will to meet new trials. Still, as an aging community we must face, meet, endure and conquer the challenges of growing older. With a service organization that more effectively uses our financial resources, we can do a better job. Call 321-473-7770

To receive a survey and get involved in helping change the way we do things in our county...I need more sleep.



Joe Steckler
President

Helping Seniors of Brevard
571 W. Haverly Court Suite W, Rockledge

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

EST. 1943

UNO.

PIZZERIA & GRILL

\$10.00 OFF
Purchases of
\$30 or more!

Not valid with any other offers
expires 6-30-15

www.UNOS.com
8260 Wickham Rd.
Melbourne, FL 32940
321-255-1400

Easy Financial Tips to Get on Track

Money is something that individuals usually need more of but frequently find in short supply. People worry about money a lot. According to the YouGov poll for the Institute of Financial Planning and National Savings and Investments in Great Britain, nearly two-thirds of respondents worried about their finances, with 43 percent saying they worried about money "more often than not." Things aren't much different in the United States, where a recent survey from Lincoln Financial Group showed that 53 percent of respondents worried about having enough money for retirement.



management easier. You can set up a savings account and have money automatically deducted from your paycheck and deposited into this account. Even small deposits add up over time. You also can arrange for automatic bill pay so you don't have to worry about accruing late fees for missed payments. Check with your bank or credit union about these types of services.

• **Put a change jar in your house.** Change might not be popular, but it is money. Having a jar or bucket in a location of the house where you set your wallet or purse may encourage you to save that loose change for something larger. Place loose change in the jar and watch it add up.

Taking charge of personal finances may seem like a difficult undertaking, but you don't have to make drastic lifestyle changes to grow your savings. Try these tips to save more and live a more financially-conscious life.

Some banks have coin-counting machines, which can make it even easier to cash in your change.

• **Keep financial records.** It's hard to determine your financial standing if you do not prioritize record-keeping. Find a method that you can stick with consistently. Some people prefer old-fashioned bookkeeping with pen and paper, while others may like the convenience of software and mobile apps. Having financial matters clearly visible in black and white can show a clear picture of how much money is coming in and how much is being spent.

• **Consider investing.** Investing can put your money to work in exchange for a return. There are many different types of investments available. If you are an investing novice, work with a financial planner or broker who can help you find a level of risk you are comfortable with.

• **Explore auto-withdrawal and deposit.** Many financial institutions offer several services to customers that can make banking and money

• **Pay off debt.** The earlier you can get rid of outstanding debt, the better. Put money toward high-interest loans and credit cards so you aren't paying so much in costly interest charges. Afterward, you can start saving in earnest.



Indian River ANTIQUE MALL

1433 S. Babcock St.
Melbourne, FL 32901
321-759-6255
www.indianriverantiquemall.com

Sun 12 Noon-5:30pm
Mon - Sat 10am-5:30pm

INQUIRE
ABOUT DEALERS SPACE

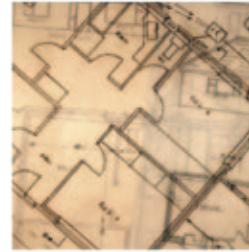


Lisa & Henry Olender



20,000 SF A/C • OVER 100 DEALERS
OVER 165 BOOTHS & SHOWCASES

EXHIBITOR BOOTHS ON SALE NOW. FOR MORE INFORMATION, PLEASE VISIT OUR WEB SITE OR CALL 321-733-8816.



PRESENTED BY



SPONSORED BY



Exhibitor & sponsorship opportunities are still available

SATURDAY AND SUNDAY, JULY 25 & 26, 2015

Melbourne Auditorium 625 E Hibiscus Blvd Melbourne, FL 32901

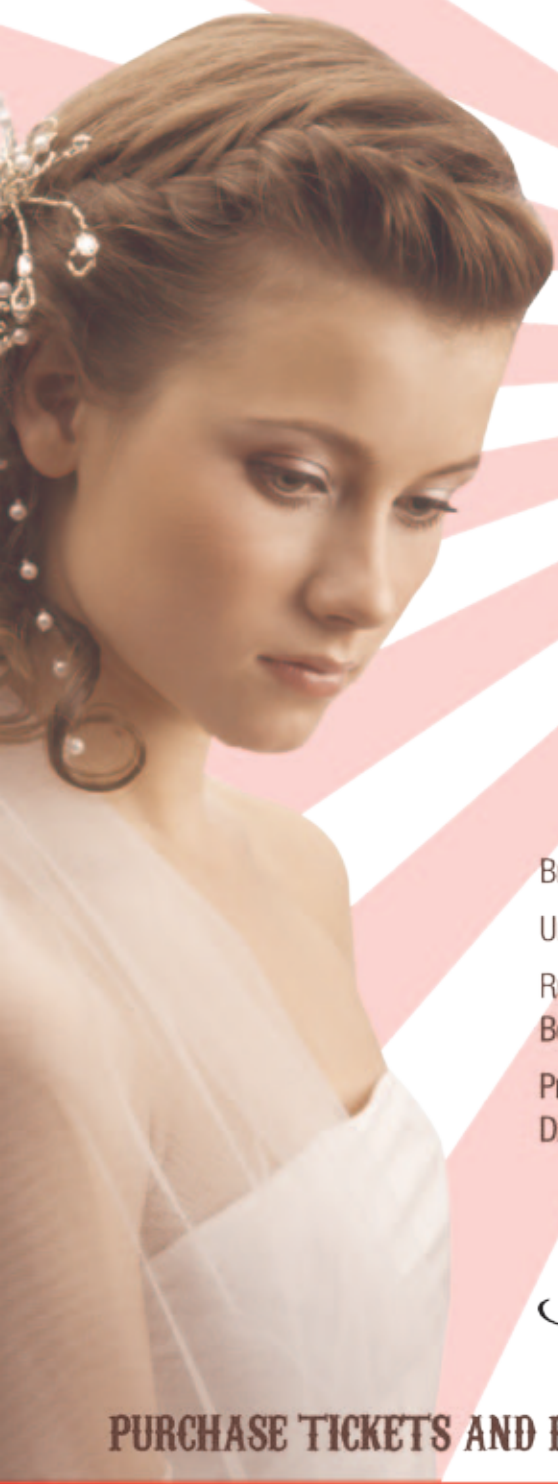
Find the latest home and garden products and services all under one roof! Kitchens, baths, home remodeling, design, decorating, home repair, new home construction, pools, spas, lawn and garden care & more.

Cash in on "show only" sales, deals and giveaways



www.BrevardExpos.com

THE MUST-ATTEND BRIDAL EVENT OF THE SUMMER



PRESENTED BY *Sophisticated Gents*
ENTERTAINMENT & EVENT DESIGN

SUNDAY, JUNE 28, 2015
1 TO 5 PM
MELBOURNE AUDITORIUM

Brevard's LARGEST bridal show featuring over 75 wedding professionals

Unique live entertainment

Runway fashion show featuring over 55 gowns presented by Aurora Unique Bridal Boutique

Prize giveaways, including the Grand Prize – a 4 day/3 night all-inclusive stay for 2 at Dreams Huatulco Resort, courtesy of All About Travel and Dreams Resorts & Spas.

A 
Sophisticated
Bridal Showcase

TICKETS

\$8 in advance (online)
\$10 at the door - \$25 VIP

PURCHASE TICKETS AND PRE-REGISTER ONLINE AT BREVARDBRIDALEXPO.COM

MEET OUR SPONSORS





BREVARD'S LARGEST BRIDAL SHOW

SUNDAY, JUNE 28, 2015
MELBOURNE AUDITORIUM

This is the Bridal Event Everyone's Talking About! Meet over 75 of Florida's most sought-after wedding vendors as you stroll among awe-inspiring wedding displays, featuring lush floral designs, elegant wedding venues, bridal accessories, exotic honeymoon destinations & every resource imaginable to transform your wedding day into the celebration of a lifetime. Sample decadent hors d'oeuvres and sumptuous cakes. Enjoy unique live entertainment and relax in comfort as you preview the hottest bridal gowns, presented by Aurora Unique Bridal Boutique. Discover the hottest wedding trends and book all of your wedding services/products in one day under one roof!

Great prizes will be given away, including the Grand Prize, a 4 day/3 night all-inclusive stay for 2 at the gorgeous, Dreams Huatulco Resort, courtesy of All About Travel and Dreams Resorts & Spas. Brides and grooms-to-be can pre-register and purchase tickets on BrevardBridalExpo.com. Tickets are just \$8 in advance (online) and \$10 at the door. A limited number of VIP tickets are also available for \$25. Please visit our web site for more info about VIP tickets.

Showcase hours are from 1 pm to 5 pm at the Melbourne Auditorium. The Melbourne Auditorium is located at 625 E Hibiscus Blvd Melbourne, FL 32901. Shop. Plan. Wed at A Sophisticated Bridal Showcase.



MEET OUR SPONSORS



All About Travel

Elegant Imagery





Nature's Market Health Foods

Open 7 days

"Your Locally Owned Natural Health Superstore"

Brevard's Largest Health Food Store Featuring:

Full line of Supplement, Herbs, Homeopathic and Vitamins, Full Juice Bar, Fresh Smoothies, Fresh Deli Wraps, Salads & Soups, Natural Body Care Dairy, Eggs and Meat Grocery, Dry Goods, Frozen Foods, Gluten Free Fresh Baked Breads, Muffins & Cookies

NOW AVAILABLE

THE FARMERS MARKET COOKBOOK

BY NATURES MARKET CAFE

LUCY HENDRY OF LUCY'S IN THE KITCHEN

COME IN AND GET A SIGNED COPY TODAY



701 S. Apollo Blvd., Melbourne FL 321.-724-6936 www.naturesmarketmelbourne.com

Downtown Melbourne's Business of the Month - **The Nomad Cafe**



How long have you been located in Downtown Melbourne? 3 and a half years What made you choose Downtown Melbourne to open your business? Day trip from Merritt Island shortly after moving to Florida. Fell in love with the quaint downtown, saw the vacant gas station on the corner, and went for it.

How was your experience with the façade grant program? Great. It has made a world of difference for our business, creating a huge opportunity on a tight budget, as we never took out any business loans. The city had great feedback, the process was relatively easy, and they are very supportive when you hit little hiccups along the way.

Read more at www.downtownmelbourne.com



Creating a healthy, vibrant center of community activity focused on preserving and enhancing the Historic District where people enjoy *living, shopping, dining & playing.*

Become a Main Street Member Today

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

321-724-1741

1908 Municipal Ln, Downtown Melbourne
www.downtownmelbourne.com

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

For more info visit www.80sinthepark.com or call 321-917-0721



This Year's Lineup:

- LEDA FORD**
- KIX**
- SLAUGHTER**
- WINGER**
- LA GUNS**
- NOVA REX**
- KILLER DWARFS**
- and More To Come.....**



3 Days of Up Close & Awesome
THE BIGGEST 80S WEEKEND SINCE...THE 80S

80s IN THE PARK 2015
 AUG. 28TH - 30TH MELBOURNE AUDITORIUM
WWW.80SINTHEPARK.COM

PLUS MORE BANDS TO COME - MORE AFTER PARTIES - LIMITED TICKETS AVAILABLE
 SEE IT ALL - UP CLOSE AND AWESOME THIS AUG 28TH -30TH MELBOURNE AUDITORIUM

WWW.80SINTHEPARK.COM



Healthcare Training can be the Start to Your Future!

THERE IS A HIGH DEMAND FOR NURSING ASSISTANTS

Training Programs are offered in:

- Nursing Assistant (within 6 weeks)
- CPR and First Aid Training
- Medical Billing and Coding
- Patient Care Technician
- Practical Nursing Program
- Home Health Aide • EKG/Phlebotomy

FINANCING AVAILABLE
if Qualified

Also VA Approved!

Programs Features include:

- **Nursing Assistant State Exam Review**
- Training and Testing done at our facilities
- Day & Evening Classes • Placement Assistance
- Continuing Educational Courses

CALL NOW... NEW CLASSES BEGIN JUNE 22nd

HARRIS-CASEL INSTITUTE
321-676-4066

500 Stack Blvd., Suite A4, Melbourne (Palm Bay Road & Stack Blvd.)

www.HARRISCASEL.com

Watering Harvest, The Treasure He Is

by Christian Author Susie Michales

This inspirational book is the lighthearted stirring tale of three fishermen discerning the treasure within, and sharing amazing truths about the nature of their relationships with God.



Now Available on line at: Amazon, Barnes & Noble, WestBow
in paperback, Hardback and Kindle

WateringHarvest.com



Phyllis D. Smith, CPA
Full Service Accounting & Tax Services

June's CPA Tip Of The Month PLAN AHEAD!

Don't wait until the middle or end of December and try to fix everything before the end of the year. Let's talk today!



From L to R
Phyllis Smith, CPA 30+years
Alex Arebalo, Receptionist / Bookkeeping
Linda Robinson, Bookkeeping 20+years



PALM BAY OFFICE
754 Malabar Rd. SE • Palm Bay, FL 32907
321 499 3954



www.phyllissmithcpa.com
www.facebook.com/PhyllisDSmithCPA



SEBASTIAN OFFICE
1623 US HWY 1 Suite B-1 • Sebastian, FL 32958

772 589 2939
(blue building on south side of Wendy's)



SUPPORTING SUMMER ACTIVITIES WITH CHIROPRACTIC CARE

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center

Summertime is Here! Increased activities outdoors, working around the home, and expanding our variety of exercises is all part of fun and what we look forward to all year! Along with all these new things to do, comes the extra pressure and strain on your back and body. Let's face it, every year summer comes around and we go out to finish the projects unfinished from last year and start new ones. We commit to new exercise routines whether it is walking, running or biking. We all love to get out there and play summer sports whether it be golf, tennis, lacrosse or something else you love to do when the weather gets warm. Whether you have been training over the winter or not, all this new activity is a bit of a shock to your body and you are using your muscles in a way that you are not used to doing. The fatigue and stress placed on your body can lead to all sorts of problems and injuries. Chiropractic can help you recover from these problems more quickly and can also help to prevent these problems from occurring.

Injuries come about when the body is not flexible, strong and functioning at its best. Fatigue can lead to many injuries



and systemic problems. When our muscles are fatigued they are sore, achy, and tight. This can lead to sprain/strain injuries to the muscle and ligaments in the back, neck and extremities. Fatigue can leave the body more vulnerable to infection. The common cold or worse can creep up on you if the body is not working at its maximum potential to fight. What could have been a simple cold can last longer or become a worse problem if the body is not working at its optimal level. When you begin to do those summer projects and you are not fit, you can become injured more easily. Lower back and neck injuries are very common from doing yard work, housework and do-it-yourself projects. Most of these could be avoided with proper form and stretching. There are also a lot of complaints of pain that are attributed to overuse such as tendonitis or bursitis. This pain is from stressing the joints too much too often which causes a chronic inflammation of the tendons or bursa that are trying to protect your joints.

A study done by Michigan State University found that the most common summer injury for adults is car accidents, followed closely by activities with other wheeled apparatus like skateboards, scooters, bikes, rollerblades, etc. These types of injuries from falls also respond well to Chiropractic treatment. These types of falls can create injuries from the impact of the fall and also whiplash type injuries to the neck.

Chiropractic adjustments are a must. If you happen to injure yourself, get in to see us! Better yet, get checked regularly to help avoid injury in the first place. A well-balanced, flexible spine helps prevent injuries, improves energy and allows you to be more productive.

CARLISLE
CHIROPRACTIC CENTER

Carlisle Chiropractic Center
Dr. Deanna Carlisle

HEALTH CERTIFICATE
Complimentary
Chiropractic Examination
(a \$75 Value)

Monday, Wednesday & Friday
8:30 am - 12 pm & 2 pm - 6 pm
Tuesday 2 pm - 6 pm
Saturday 9 am - 12 pm

321-724-0579
New Location!
152 N. Harbor City Blvd., Suite 102, Melbourne 32935

The patient and any other person responsible for payment has the right to refuse pay, cancel payment or be reimbursed for payment for any other services. Examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free discounted fee, or reduced fee service examination or treatment, x-rays taken in this office only. Due to federal law some Medicare or Medicaid recipients may not be eligible for this.

Hair & Us

NEW LOCATION

Shady Oaks Plaza
in Palm Bay



Shampoo, Cut & Style
Only **\$22**
expires 6-30-15

Wash & Go Perms
Only **\$35**
expires 6-30-15

321-369-9902

Shady Oaks Plaza
6050 Babcock St SE
Unit #7 • Palm Bay




The **SHACK**
SEAFOOD RESTAURANT

Open for Lunch & Dinner • 676-9995

Seafood & Beef Restaurant

4845 US1 NE, Palm Bay (1 mile North of Malabar Rd.)

theshackpb.com  Like Us On 

Kreation's Florist & Gifts Inc.



LOCAL & WORLDWIDE

20% OFF
CUSTOM ARRANGEMENTS

321-956-5037

www.krationsfloristandgifts.com

1509 Airport Blvd. (corner of Hibiscus & Airport Blvd.)

YOUR CARE. YOUR TIME.

Schedule Your Care Online - **NOW**

• Emergency Room • Urgent Care

HFnow.org

POWERED BY *InQuicker*

Health First

- Health Insurance
- Hospitals
- Medical Group
- Outpatient Services



TOTAL SURRENDER

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

I read a story recently about a group of guys I who had gone to a nearby river to go swimming. It was spring, and the glacier runoff had made the river dangerous. Ignoring the warning signs, one of the guys jumped in and got caught in the current. Frantically, he tried to break free but the current moved him farther away. One of his friends was a lifeguard, so everyone expected him to do something. He just stood there, staring at his friend. The others began to panic, yelling for him to go save his friend! Still nothing. They looked out into the river and saw their friend struggling desperately.

Finally, he couldn't fight any longer and began to drown. Suddenly the lifeguard jumped in and with a few swift strokes rescued the friend and brought him to shore. When the adrenaline had worn off, the group yelled at the lifeguard, "Why did you wait so long? He could've died!"

He calmly looked at them and responded, "I had to wait



until he completely gave up. Unless he stopped fighting, he would have dragged me under and both of us would have drowned. But the minute he gave up, I could save him."

That's what it's like with Jesus. He just wants us to surrender. When we do, He comes to our rescue. The waves might be crashing overhead, but in that moment when it looks like we might die, His grace scoops us up and brings us life. And because we finally give up, we know it was Him who did all the saving.

"No one has caused me more hurt, shame, guilt and pain than me."

I don't know where you are or where you're coming from, but I know Jesus has a better plan for your life than you do. No one has caused me more hurt, shame, guilt, and pain than me.

He knows, and He rescues me. He can do the same for you.

Then Jesus said, "come to me, all of you who are weary and carry heavy burdens, and I will give you rest. take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. for my yoke is easy to bear and the burden I give you is light. Matthew 11:28-30

Total surrender is the best option. Come just as you are.

Melbourne First Church Of The Nazarene

Connect with Us!

MELBOURNE
first church of the
NAZARENE

"Sharing His Spirit ... Making A Difference"

2745 S. Babcock Street, Melbourne, FL 32901
Office: (321) 723-3745 Email: nazarenem@cfl.rr.com

Sunday Worship: English 9:45 AM Spanish 12:00 (Noon)
Sunday School: 11:00 AM
Wednesdays - 7:00 PM (All Ages - English/Spanish)

Website: www.melbourne1naz.org

METAL ROOF

SAME PRICE AS SHINGLES

Hippo Roofing LLC

321.951.2500

www.HippoRoof.com

1555 N. Harbor City Blvd. • Melbourne

CC1329209



HOLISTIC HEALTH MINISTRY

Believers Gateway to Wellness

- Affordable Natural Supplements
- Education About Your Health Condition
- Proven Natural Solutions to Fight Cancer & Disease

Are You Toxic? Find Out With A Hair Mineral Analysis Test

Office of Dr. Kevin Kilday, PhD, PSC
500 N. Harbor City Blvd., Melbourne, FL
321-549-0711
www.holistichealthcenter.us



MARKETING | LOGOS | BROCHURES
EMAIL CAMPAIGNS | WEBSITE DESIGN

affordable pricing . great design

Renadesigns.

graphic design | marketing | Rena k. Seibert .owner
www.Renadesigns.com 213.4774

The Medicine Shoppe[®]

PHARMACY

Caring beyond prescriptions.

FREE DELIVERY

That's right! FREE delivery* right to your door, with a smile! One more example of The Medicine Shoppe[®] promise — to meet your individual health needs accurately and completely.

Sarno Business Complex
next to
Brevard Health Alliance
2176 Sarno Rd. Suite #120
Melbourne FL 32935

Call: 242-2440



*Call for delivery information.





DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"Be grateful that you came through this unscathed."



"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 recently watched a news story which was done, in Panama City, on spring break. Holy cow—what a wake up call! I'm just finishing up my second semester, in college, and I spent spring break in Daytona Beach with my friends. It's not the first time I've gotten wasted, from partying, but there's actually one day that I can't remember at all.

Watching that news clip made me realize that I could've been raped, gotten pregnant, contacted V.D. or worse. My parents would kill me if they found out about all the stuff I did. I thought maybe if you printed my letter, in your column, it may stop someone else from making the same stupid decisions I did—or at least make them think twice. I was raised in the church and used to know the Lord. It's time for me to get right with God again.
-Cindy of Melbourne Beach

Dear Cindy,

Your letter is indeed worth sharing and I'm elated that you've seen the wisdom of changing your behavior and rededicating your life back to Christ. More often than not, the world perceives the Christian lifestyle as too limited and restrained; but in reality, God's laws are set in place not only to honor Him, but to protect us as well. Just imagine... God established marriage as a holy covenant between one woman, one man and God—for life. He never meant for our lives to encompass multiple marriages and sexual partners... If we honored His commandments, there'd be: no sexually transmitted diseases, divorces, alimony and child support, fatherless children (except through death), families divided during holidays, less financial burden on taxpayers, etc... And if we abstained from using drugs and the abuse of alcohol, there'd be no need for drug/alcohol rehab. Our bodies would be healthier, and the quality of lives would improve. God is a loving and caring, heavenly Father; in fact, Jesus referred to Him as "Abba Father" a term of endearment similar to "Daddy". And like any loving parent, God wants what is best for us. The good news is that God forgives and longs to restore us to Him—the bad news is—there are consequences for our actions. Be grateful that you came through this unscathed.

"So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, 'Abba! Father!'" Romans 8:15 (NLT).

"Do not let sin control the way you live; do not give into sinful desires. Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God" Romans 6:12-13 (NLT).

Dear Val,

My mom and dad want me to break up with my boyfriend because he's an agnostic. We are Christians and go to church regularly. I've been telling him about my faith but he's just not interested. He doesn't do drugs, smoke, or drink. He's really a nice guy and he's good to me. Don't you think they're over reacting just a little?
-Julie of Palm Bay

Dear Julie,

Your parents are trying to steer you away from heartbreak and disaster. It's good that you've shared your faith with him (pray for him too) but forget the romance for now.

In 2 Corinthians 6:14, Paul wrote, "Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?" (NIV) You've planted seeds, now pray for him. Who knows what the future holds? Perhaps circumstances will change.

(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.



**Full Service Auto Repair
Foreign, Domestic
Cars & Trucks including Diesels**



**The
ONE STOP
CAR SHOP
For ALL
Your
Maintenance
Needs!**



**10% OFF
LABOR**
ALL REPAIRS
Does not include Oil Changes
expires 6-30-15

**FREE
ALIGNMENT
CHECK**
expires 6-30-15



**Rich's
GREAT
GRILL
GIVEAWAY!**

**Come on in for ANY SERVICE
during the month of JUNE
and register for a chance to
WIN THIS GREAT GRILL!
Random drawing to be held
on JULY 1st 2015.**



**39 NW Irwin Ave
West Melbourne 32904**

321-726-0636

(off 192... 1 block west of Dairy Rd.
behind Wall Street Pub)

MV-44524

HOME OF THE 3 YEAR / 36000 MILE WARRANTY

www.RichsAutoTech.com

**Monday - Friday
7am - 7pm
Saturday 8am - 5pm**

Family Owned & Operated





HAPPY FATHER'S DAY SPOTLIGHT ON COOKING

by Cecelia Danas



Is another one of my "ONE DISH

WONDERS". I use these this time of the year not to "heat up the house" any more then it is.

This chicken, zucchini, cheddar cheese and onions are baked together to create irresistible appetizers or a dinner. It is a one dish wonder for a get together or a family dinner. Slice in small square for an appetizer or a large square for dinner served with a nice chopped salad. How much easier does it get? Enjoy.

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

Best Chicken & Zucchini Appetizer or Dinner

- | | |
|--|-------------------------------------|
| 3 cups sliced zucchini | 1/2 cup chopped onion |
| 3 cups cooked chicken chopped in to pieces (I use chicken tenders, they cook faster) | 1 tbsp Italian seasoning (optional) |
| 1 cup all-purpose baking mix | 1/2 tsp salt |
| | 4 eggs, beaten |

Preheat oven to 350 degrees F

Lightly grease a 9x13 inch baking dish.

In a large bowl, mix chicken, zucchini, all-purpose baking mix, onion, garlic, Italian seasoning, salt, eggs, Cheddar cheese, and vegetable oil.

Spread mixture into the prepared baking dish. Bake in the preheated oven, cook 25 minutes until bubbly and lightly browned. Cut into the sized pieces you want to serve.

JOSEPH STEVENS & SON PAINTING *and so much more!*

Liability - Bonded - Compilation



Exterior

- Pressure Cleaning
- Crack & Concrete Repair
- Kill Mildew
- Waterproofing & Sealer
- Caulking - All Prep Work
- 100% Acrylic Paint

Interior

- All Drywall Work
- Small & Big Repair Sheet Replacement
- Popcorn Removal
- Knockdown & Other Textures
- All Work Clean & Neat
- Handyman Work & More
- Interior Mildew Experts

As Always, ...All Work, Manufacturing & Company Guaranteed.

FREE Estimates 984-8091

All Guaranteed Work Since 1972

Licensed & Insured

Community Movers & Shakers

JUNE 2015



This month's honoree and Community Mover & Shaker is Nadine Smith Marketing Director, Catering Manager, Community Relations Liaison of Jersey Mike's Subs.

Jersey Mike's was named the 2014 Business Partner of the Year and the 2015 Medium Size Business Partner of the Year for Brevard Public Schools.

Nadine and Jersey Mike's have been active supporters of The Children's Hunger Project for the past three years.

In addition to donating her personal time to various school activities, Nadine and Jersey Mike's have donated over 2500 free sandwich cards to fundraisers for organizations including Promise in Brevard, the South Brevard Sharing Center, Special Olympics, and Friends for Animals Sanctuary. They raise money for sports, churches, and charities, and since January 1st, have donated more than \$30,000 to local groups.

Mrs. Smith is on the Steering Committee for Women of Excellence, the secretary

for The Melbourne Police Foundation, belongs to B2B Palm Bay and B2B Beachside, and is a member of Leads Are Us. She is also an active member of the Melbourne Regional Chamber, of HBCA, and Friends of Serene Harbor.

Nadine feels fortunate to work for a company that believes in giving back to the community and has a passion for helping others.

Thank you Nadine, for making a difference in our community. This is why we honor you as our Spotlight Community Mover & Shaker this month.





CHRISTMAS JUNE SHOWCASE 27th
 Premier 2015 Christmas Items
 Refreshments & Door Prizes
 Special Sales throughout the Store
 10am - 5pm

Open Monday through Saturday 10:00 - 5:00

Online: www.thequiltplace.com

321-632-3344 • 575 Barton Blvd. • Rockledge, FL 32955



You Can Take Your Dog to Camp!

The Brevard County Dog Training Club of Merritt Island, is offering Camp "FUR" Kids this year from June 29 to July 3. It is open to children ages 9 to 13 who would like to take their dog to camp with them. The children will learn how to teach their dog basic obedience and tricks, meet and learn about different dog breeds, watch demonstrations that will introduce them to Rally, Agility, Carting, Lure Coursing, and more. There are lots of fun games planned that the children and their dogs can play together. They will also make crafts and toys for their dogs. If a child



Island, FL. www.bcdtc.org Cost for the camp is \$50 for 4H members and \$75 for non-4H members. Siblings can go to camp too, at no additional charge! Camp is Monday through Friday, from 9:30 a.m. to 12 noon. Space is limited so register early!!

wants to go to camp but does not have a dog or their dog is not eligible, then they can borrow a dog from a Brevard County Dog Training Club member.

Enjoy a week full of fun and learning at the Brevard County Dog Training Club, located at 625 Gladiola Dr., Merritt

Deadline to register is June 15th. Call 321-639-7717 to register. All dogs must be up to date on vaccinations. Vet records will be required with completed registration forms. Camp "Fur" Kids is Co-sponsored by Brevard Kennel Club.



GOLDEN REALTY GROUP

MY FLORIDA RENTALS

NSH Mortgage
NMLS #254556

REALTOR MLS

We've Got You Covered!

Since 1992

ACT NOW!



321-243-4892

A VETERAN OWNED COMPANY
Hiring NEW Agents

Offering You More to SELL, BUY & SAVE!

FULL SERVICE MLS FOR LESS	FLAT FEE MLS	FREE For Sale By Owner PROGRAM	PROPERTY MANAGEMENT	RENTALS
---------------------------	--------------	--------------------------------	---------------------	---------

www.PeopleSaveMore.net • 405 E. Strawbridge Ave., Melbourne FL 32901



Trust Your Hearing to the Expert!

Serving Brevard residents for 25 years



Dan Taylor
ACA, BC-HIS, COHC
Florida Licensed
Hearing Aid Specialist

Hearing loss affects not only your wallet, but your quality of life.
At A Advanced Hearing Care, our patients are our **first priority.**

Call (321) 722-2894 today!

We offer Hearing Solutions for Every Budget, Lifestyle & Need.

Starting At \$15*

From the Latest and Best our Industry has to offer to Quality Used Hearing Aids

*Normal fitting fees. Molds extra. Every hearing loss and patient is different. Results may vary.



"Our Name Says it All!"

ADVANCED HEARING CARE
Since 1992

CareCredit
Patient Payment Plans

(321) 722-2894

**720 E New Haven Ave, Suite 12
Historic Downtown Melbourne**

Walk-ins Welcome 9:30am-Noon Mon-Fri

After hours cheerfully by appointment

Most Insurance Accepted | Financing Available



Learn More about Hearing Loss & Technology at AAdvancedHearingCare.com



TIPS FOR EXTENDING THE LIFE OF SSD'S SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Solid State Drives (SSDs) are a great way to dramatically improve the performance of any computer, and because hard drives have traditionally been one of the biggest bottlenecks in the processing chain. The speed of SSD drives makes them very desirable for video editing, gaming, and other disk intensive activities, because it really opens up this bottleneck.

Think of them as really big versions of a USB drive or a digital camera card; just a lot more expensive. The cost per gigabyte (GB) versus a traditional hard drive is still significantly higher, which can result in prices that are five to seven times higher for a one terabyte (TB) drive, for instance.

SSDs don't suffer from the wear and tear issues that plague mechanical drives, but they do still 'wear out'. The lifespan of your SSD drive is determined by a finite number of write cycles before it begins to



fail, which was a much bigger concern in early models. Even with improvements, minimizing unnecessary write cycles is a good strategy for extending the life of any SSD.

For instance, there is no reason to run a Defrag utility on SSD drives because the storage of data is handled differently than with traditional magnetic hard drives. You would, in fact, be reducing the life of the drive, so don't run the utility and make sure your computer is not set up to automatically run the Defrag utility as a

maintenance task. You can do this by opening the Disk Defrag utility and making sure that nothing is scheduled to run in the 'Current status' box.

Another area to review is your 'virtual memory' setting, which uses the hard drive as temporary memory space when your computer runs out of memory (RAM). This can result in intensive writing cycles to the SSD, especially if you don't have a lot of RAM. Adding RAM and disabling the paging file or moving it to another hard drive is the best approach.

The steps for doing this are slightly different, depending upon the version of Windows you're using, so a simple search for 'virtual memory settings for Windows (x)' --with x being your version-- will provide the specifics.

Another process that can have an impact on the life of your SSD is the Windows 'Superfetch' tool that never quite lived up to its name anyway. Depending upon your version of Windows, it may already be disabled because you have an SSD, but here's how to make sure:

Click the Start button, then Run and type 'services.msc' (or you can search for services.msc), which should open the Service Manager dialog box. The service modules are listed alphabetically, so scroll down until you find Superfetch and click on it.

If the service is running, right-click on and select Properties to stop the service and change the 'Startup type' to Disabled, so it doesn't restart the next time you start your computer.

COMPUTER PROBLEMS?
Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?
Why guess? WE FIX IT ALL!
 Come in today and receive a **FREE** Computer Check-Up while you wait!
(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

DATA DOCTORS
 Computer Services
 www.DataDoctors.com

Michelle Sharpe

Accounting & Tax Services

DON'T LET TAX SEASON STRESS YOU OUT!

Call Sharpe Accounting & Tax Service for all your tax needs. Don't miss out on tax deductions or credits. Let me help you maximize your return. I am E-file compliant, have over 5 years in the industry, and offer competitive rates.

*Because Money
Doesn't grow
on Trees.*



Mention this ad and receive 10% off your tax service needs.

sharpe_tax@cfl.rr.com

321-253-3376

Paying Too Much for Your Meds?



Call for **FREE** Quotes on your prescriptions.

WE SAVE YOU MONEY!
Up to 75% OFF

• **Offering Home Delivery Service** •

"Little" Joe Ponds

sales@canadianmeds-melbourne.com

321-574-6976



**CanadianMeds
of Melbourne**

Still Paying Full Price For Your Medications?...Or In The Donut Hole?

1103 W. Hibiscus Blvd., Suite 311, Melbourne 32901

www.veteranownedbusiness.com/business/13933/
canadian-meds-of-melbourne



Name the Advertisers and PLAY to WIN!

Win 4 Movie Passes Courtesy of Premiere Oaks (pg32)

OUR WINNER LAST MONTH WAS
Buddy Hopkins of W. Melbourne

Name: _____
Address: _____
City: _____ State _____ Zip _____
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.

- Name the advertiser who has a yellow burst in their ad that says "ACT NOW".

- Who is Downtown Melbourne's business of the month?

- When is the Brevard Home & Garden EXPO taking place?

- The new location of Carlisle Chiropractic is where?

- Christmas in June? Who is doing this?

- Who is having a Great Grill Giveaway?

- Who is offering \$10 Off food purchase?



**Segunda Vida Thrift Store • Giving Back to the Community
NOT YOUR ORDINARY THRIFT & CONSIGNMENT SHOP**



- Furniture
- Appliances
- Clothing
- Electronics
- Collectibles
- Donation Center



10% OFF
ALL PURCHASES
One coupon per visit
Expires 6-30-15



Love INC
Love In the Name of Christ

Partner with Love INC and Segunda Vida Thrift Store to help families in Brevard. Individuals and families receive furniture, appliances, clothing and housewares. Help us give back dignity to others by donating, shopping and volunteering today.

Mon-Fri: 10am-4pm Sat: 9am-4pm

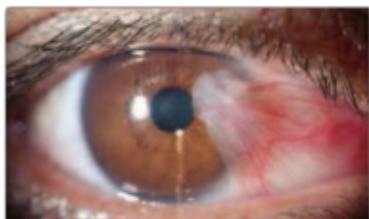
321-241-4901



Proudly helping local families with needs
2778 N. Harbor City Blvd.
(just north of Lake Washington Rd.)
Melbourne, FL 32935

ADVANCES IN PTERYGIUM SURGERY MAKE RECURRENCE A THING OF THE PAST...

A pterygium, also known as “surfers’ eye,” is a growth that invades the cornea, causing significant foreign body sensation and that frequently interferes with vision. Pterygia are a most frustrating condition for people who suffer from them.



A Pterygium, also known as “surfer’s eye,” is a growth that invades the cornea.

“People ages 20 to 50, who spend a good deal of time in the sun, who do not wear sunglasses or brimmed hats on a regular basis, who have light complexions and light colored eyes, tend to develop pterygia more frequently than others,” according to Ophthalmologist and Fellowship Trained Cornea and Glaucoma Specialist, Jason K. Darlington, M.D.

In the past, pterygia were surgically removed from the cornea and the affected area surgically closed with sutures, in some cases with donor corneal graft tissue placed over the surgical site.

“With a traditional surgical approach as discussed above, the pterygium would recur approximately seventy percent (70%) of the time,” according to Dr. Darlington.

“My approach involves utilizing the latest techniques in cornea surgery whereby I use **autologous stem cell transfer** – using actual stem cells gathered from my patient’s eye – to help the cornea heal safely and quickly following removal of the pterygium,” reports Dr. Darlington, who completed his fellowship under Dr. Thomas Samuelson and Dr. Richard Lindstrom, at the prestigious Phillips Eye Institute in Minneapolis, MN.

“One of the most noteworthy benefits of this approach to pterygium management is that the associated rate of recurrence declines markedly to only **approximately four (4) percent**,” explains Dr. Darlington, Chief of the Cornea Service at The Eye Institute for Medicine & Surgery.

“Irritating, uncomfortable, and unsightly are adjectives that are commonly used by patients to describe their perception of having a pterygium,” states Dr. Darlington who adds, “it is my great pleasure to help relieve the discomfort people associate with having a pterygium. The fact that the vast majority of patients who undergo this procedure under my care do not have



Jason Darlington, M.D.



(321) 722-4443
www.seebetterbrevard.com



their pterygia regrow is a wonderful benefit both to the patient and to the health care system,” explains Dr. Darlington.

Glaucoma – New Technology and New Procedures at The Eye Institute

A dramatic shift is starting to transform the practice of glaucoma surgery. While traditional surgical procedures such as trabeculectomy are demonstrating steady, evolutionary improvements, two new types of glaucoma surgery are moving interventional care from a last resort to front-line therapy.

The first procedure, known as the TRAB360 involves the use of a “trabeculotome,” a non-powered instrument intended for the manual cutting of up to 360 degrees of the trabecular meshwork, known as a trabeculotomy.

The second procedure, known as the VISCO360 involves the use of the VISCO360 Viscosurgical System to facilitate the delivery of small, controlled volumes of viscoelastic fluid through a custom access cannula, as part of the procedure. With the removal of this internal tissue known as the trabecular meshwork, a significant lowering of eye pressure is frequently achieved, according to Dr. Darlington.



Dr. Jason Darlington in the Operating Room

“The instrument and procedure have been used both as a standalone and combined with cataract surgery. It can be performed in eyes that have had cataract surgery and those that have not,” explains Dr. Darlington, who adds, “my colleague, Dr. James McManus and I seek to help ensure that every one of our glaucoma patients maintains their vision. We keep abreast of and participate in the latest clinical and surgical research in ophthalmology to ensure that the residents of the Space Coast have access to cutting edge to technology and treatments for multiple eye conditions including the many forms of glaucoma. The bottom line is we do not want glaucoma to cost anyone their precious eyesight or independence.”

Schedule a Comprehensive Visit

Dr. Jason Darlington is currently accepting new patients at his Rockledge, Melbourne and Palm Bay locations. To schedule a consultation, please telephone (321) 722-4443.



(321) 722-4443
www.seebetterbrevard.com



**SAFETY SUSIE
SWIM SCHOOL**

No Forced Immersions
Private Lessons at Our Location in Suntree

321-604-1429

Digital Cinemas • Luxury For Less • Stadium Seating

\$4
Mornings

Your HOMETOWN theater
in the beautiful
OAKS PLAZA
1800 W. Hibiscus Blvd.
Melbourne, FL 32901

\$5
Tuesdays

Oaks10.com (321) 953-3200

WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

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

- | | | | |
|----------|------------|------------|----------|
| Beach | Father | Hurricanes | Roses |
| Birthday | Gift | June | Summer |
| Cancer | Graduation | Month | Sunshine |
| Dairy | Hot | Pool | |

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

OUR WINNER LAST MONTH WAS
Rhinda Childers of Cocoa

Name: _____
 Address: _____
 City: _____ State _____
 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**

A Prescription for ALL

by Dr. Abdur Raqeeb, DO

Exercise, a word that on utterance can induce many feelings such as huffing, cringing, affirmative nodding or excitement, can and should be used in all forms of healthcare and for all ages. Physical activity is associated with reduced medical costs, especially for women, and these cost reductions become more significant with increasing age.

There are many forms of exercise that each individual can adopt. This is the reason we should not accept the many excuses that we give for not exercising. We should instead remind ourselves of the many proven benefits for many disease processes.

Many people think that they need special equipment, extra time, a gym membership, or intense training. There are many ways to begin slowly. Movements like the ones in Tai Chi, Yoga, Qigong, and



others incorporate moves that engage muscles in a gentle, relaxing manner. Exercises usually are also tailored on experience type as well as age group; from novice to master and young to elderly. Examples include, "mommy and me", "silver sneakers", "couch potatoes" and tri-athletes" name-so to inform the person to the activity type. Research has consistently shown that older patients who remain or become active have a significantly decreased risk of all-cause and cardiovascular mortality compared with their sedentary counterparts.

Regular exercise reduces A1C levels, adiposity, and triglyceride levels. Pregnant women are encouraged to continue appropriate exercise. A study



for childhood health has suggested is increased sessions for physical activity and the development of fundamental movement skills throughout the school week. So get moving for good health.

A couple of tips to stay motivated:

- 1- Consult your physician about the safety of your exercises
- 2- Do what you like/love
- 2- Share this time with another- this may motivate you more
- 3- Track yourself- you can use different programs or plain old pen and paper
- 4- Allow yourself time to get stronger- continue to increase your regimen during the process
- 6- Have fun

Go to cdc.gov/physical activity for activity.



BrevardHEALTHAlliance
INCORPORATED

BHA Malabar
775 Malabar Rd., Suite 105
Malabar, FL 32950
321.733.0642

BHA Melbourne
17 Silver Palm Ave.
Melbourne, FL 32901
321.733.2021

BHA Palm Bay
5270 Babcock St.
Palm Bay, FL 32905
321.722.5959

BHA Rockledge
220 Barton Blvd.
Rockledge, FL 32955
321.639.5177

BHA Sarno
2120 Sarno Road
Melbourne, FL 32935
321.241.6800

BHA Titusville
500 N. Washington Ave.
Titusville, FL 32796
321.268.0267

ALL WELCOME!
Affordable Pricing
for Un-insured

PRIMARY CARE - PEDIATRIC CARE - DENTAL CARE

BEHAVIORAL HEALTH SERVICES - MEDICATION ASSISTANCE

All Physicians are Board Certified

SAME DAY APPOINTMENTS!

Monday – Friday: 8:00am-7:00pm
Friday: 8:00am-5:00pm
Saturday 8:00am-1:00pm





Your Place On The Water!

Stand Up Paddleboards, Kayaks, Sales & Rentals

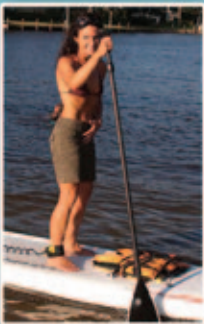
Rentals

\$20 / Hr
\$35 / 2Hrs
\$45 Half Day
\$55 Full Day



Manatee & Dolphin Encounters
\$20 Per Person
Friday Morning Sunrise Session
Sunday Evening Sunset Session
(Includes Board, Paddle & PFD)
Reservations Required

Every Day Is Paddleboard Demo Day All Ages Welcome!



Weekly Paddle Race for all, every level from beginner to elite
Every Saturday at 9:30 AM

All are welcome to bring their own equipment for FREE
The above are rental rates only

**729 N. Harbor City Blvd.
Melbourne, FL 32935
(across from Kelly Ford)**

321-258-4492

Tuesday - Sunday 10am -6pm



Like us on
Facebook

www.PaddlingParadise.com

Like Us on Facebook/PaddlingParadise

Certificate of Excellence
2014 WINNER



Mo-Bay Grill

MO-BAY GRILL

INTERNATIONAL CUISINE

RESTAURANT



Serving the best Steaks,
Seafood & Chops

MO-BAY NO PROBLEM!



Best Saturday & Sunday Breakfast Around!

Specializing in:

HOME MADE MARYLAND STYLE CRAB CAKES

Chef Wesley Campbell from Maryland

Tuesday - Friday 11a.m. - 9p.m.
Saturday 8a.m. - 9p.m.
Sunday 8a.m. - 8p.m.



**FATHER'S DAY
EVERY DAY SPECIALS**

Jerk 1/2 Chicken \$14.99
Mashed Sweet Potatoes
& House Vegetables

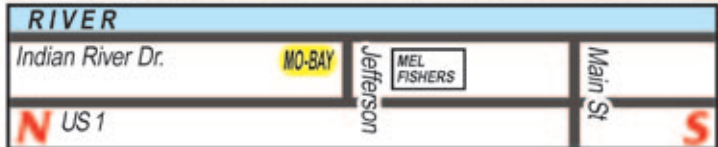
BBQ Baby Back Ribs \$12.99
w/Two Sides

Charbroiled Apple Pork Loin \$19.99
Garlic Mashed Potatoes
& House Vegetables

Crispy Whole Red Snapper \$23.99
Choice of Mashed Sweet Potato
or Rice & Beans

Pecan Brown Butter Grouper \$24.95
w/Brown Butter Sauce
& Spinach Mashed Potatoes

Regular Menu Available



1401 Indian River Dr Sebastian, FL 32958
(just North of Main St. next to Mel Fishers Treasure Museum)

MO-BAYGRILL.COM 772-589-4223

ROCK WITH US!

FRI, JULY 3RD



SOUTHERN EXPOSURE
Southern Rock & Country



BRING YOUR KIDS!
Bounce house & Kid zone

BRING YOUR FRIENDS!
Adult zone: Enjoy a drink & good eats by the bay!

FREE TO ATTEND!



6pm-10pm at US1 & Palm Bay Road

Vendors - \$50 for Chamber Members and \$75 for Non-Chamber Members Call 321-951-9998
Register fast online at: www.greaterpalmbaychamber.com

First Friday by the Bay
2015 Event dates:
July 3 | August 7
September 4 | October 2
November 6 | December 4





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

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



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

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

Our mission is to train and educate pre-teen boys and young men to be leaders, through education and training in the life skills necessary to succeed. I AM PROOF® is a group mentoring program designed with age-appropriate material, and developed for the following age levels: Group 1 - Ages 11 & 12, Group 2 - Ages 13 - 15, and Group 3 - Ages 16 - 18.

I AM PROOF®
Mentoring Future Leaders Today

A Mentoring Program for Boys Ages 11-18

Teaching Age Appropriate Information for Life Success in:

- ★ Personal
- ★ Social
- ★ Physical
- ★ Education & Finance
- ★ Mentoring and Giving back

To Make A-Tax Deductible Donation, Volunteer, or Become A Mentor or Instructor Contact:

www.IAMPROOF.net (321) 720-4510

Wouldn't you love to have this incredible program in your neighborhood or community?

You Can!

If you are excited to host I Am Proof a five-session, three-hour program in your "village," then contact us to find out how we can bring I AM PROOF to you. We'd be delighted to give you information on the extraordinary benefits it will offer your young men, and how one of your attendees will receive a special recognition during the graduation program.

We want to be a contributor to your village!

Bring I AM PROOF to your community and make a difference and in the lives of your young men.



Register NOW!

Volunteers and donations (tax deductible) are always needed. Please Help.

For more information or to register for upcoming classes, visit:

www.IAMPROOF.net or call (321) 720-4510

You may also contact us at JChandler@IAMPROOF.net.

Simplify Vacations and Savor the Fun

Vacations are a great opportunity for families or individuals to recharge. But especially active vacationers often return from their trips in need of rest, as planning may have taken its toll or schedules loaded with too many activities might have left little time for R&R. Those willing to simplify their vacations may find their excursions provide the rest they need and the energizing boost they can make use of upon returning from their destinations.

Leave work behind

The United States is one of the few countries that does not guarantee paid days off. The Center for Economic and Policy Research says one in four working Americans do not get paid time off. The employment site Glassdoor notes that among those who do get paid vacations, 75 percent of employees chose not to use all of their time in 2013. By comparison, Canadians get an average of 19 days of vacation time per year. Stress about making up work or falling behind makes some professionals worry



about using their vacation time, and those who do travel may stay connected to the office in some shape or form. Splitting time between leisure and work responsibilities on a vacation can be taxing and take away from the time you need to relax and recharge. Cut work ties and immerse yourself in the vacation experience.

Consider an all-inclusive trip

All-inclusive resorts and cruise lines take the work out of having a good time. These types of vacations remove a lot of the problems associated with personal travel. Meals are provided, activities are coordinated, and you don't have to carry extra cash, as most costs generally are covered.

Keep your itinerary flexible

Scheduling right down to the minute can remove the fun of the trip. Leave opportunities to just sit and enjoy your surroundings. Perhaps other members of the family or traveling party have their own ideas for entertainment. A rigid timeline can make the vacation seem more like a commitment rather than an opportunity to let loose and stop watching the clock.

Rent a car

Find out if a rental car can be included in the price of your vacation. Having a car at the ready means vacationers can come and go as they please without worrying about hailing taxis or waiting for public transportation. Rental cars also provide access to areas outside of resort confines. Research possible destinations in advance and map out where you want to go to remain safe and prepared.

Vacations don't have to be taxing. Cut down on some of the stressful aspects of traveling by simplifying and delegating tasks.

ENROLLING CHILDREN 6 WEEKS TO 12 YEARS OF AGE

Sunshine

Early Childhood Daycare

NOW TWO LOCATIONS

Palm Bay
820 Palm Bay Rd. Ste. 114
Palm Bay, FL 32905
321.674.0282

Cocoa (coming soon)
517 Fiske Blvd.
Cocoa, FL 32922
321.301.4579

SunshineEarlyChildhood.com

JUNE SPECIAL

OPEN 24 HOURS 7 DAYS A WEEK

FIRST WEEK OF ENROLLING **HALF OFF**

Coupon cannot be used in combination with other coupons or discounts. Expires 6/30/15

FREE TRANSPORTATION & REGISTRATION

Coupon cannot be used in combination with other coupons or discounts. Expires 6/30/15

TEFLY Child Care of America
Child Care of America
Date on or before Sept. 1st
Licence # C18BRO251

Summer KidFest!

at CINEMAWORLD EVERY DAY AT 10AM

Cinemaworld presents free films, seven days a week, all summer long! Every day at 10am, Cinemaworld features a Family-Friendly G or PG rated film for your kids to enjoy, with new movies premiering every Friday.

SEE THE FULL SCHEDULE & GET MORE INFO AT CinemaworldOnline.com

WHY DOESN'T GOD HEAL ME?

CCM: Together, doing life RIGHT!

Some of us may wonder why God doesn't heal all sicknesses.

We may wonder why He heals some and not others. "Why? Why would He not heal me," we ask. "He has healed me in the past, why not this time? Is my faith weak? Is there sin I have yet to repent of?"

No, it is none of these things. Illness, suffering and pain is the result of living in a cursed world; a world that is cursed because of our sin (Romans 8:20-22). Even though God loved us enough to send His Son to die for us, God does not always heal everyone.

Didn't Jesus say in John 14:12-14 that if we ask for something in His name, He will give it? Actually, Jesus was speaking directly to the Apostles and this promise was for them and their ministry. If we look at all the Biblical teachings on prayer, we can see that God does answer all our faithful prayers, but He answers them "Yes," "No," or "Wait." We therefore pray in faith, trusting God to do what is best for us.

A Biblical definition of love might be "a sacrificial seeking of what is best for the loved one." The Apostle Paul prayed that God remove his "thorn in the flesh," but God did not because He wanted Paul to understand that he didn't need to be physically whole in order to experience His sustaining grace (2 Corinthians 12:7-10). God's grace is sufficient and His Word is sure.

I have been healed by God in the past, but this time, even though God has not chosen to heal me, I am fully confident of this truth, and that is, "...our present sufferings are not



worth comparing with the glory that will be revealed in us." (Romans 8:18) So I rely on God's will, because Paul said this: "All this is evidence that God's judgment is right, and as a result you will be counted worthy

of the kingdom of God, for which you are suffering." (2 Thessalonians 1:5)

All of us – healthy and not – are to look forward to the resurrection and the end of sin, when all will be healed and restored. Romans 8:18 (NLT) tells us that "...what we suffer now is nothing compared to the glory he will reveal to us later." Our healing will come later; perhaps in this life, or perhaps in the next. It's all according to God's perfect plan, and we must trust Him in this matter.

Until that time, we walk by faith, building our lives around those things with eternal significance rather than the things of this world. We take to heart the words of Proverbs 3:5-6: "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." Let's rely on God's will, because "All this is evidence that God's judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering." (2 Thessalonians 1:5).



Appliance Parts

FLAT SCREEN TV REPAIR
LAPTOP & PC REPAIR
BACK-UP BATTERIES
ELECTRONIC COMPONENTS

321-574-1337

3060 Dixie HWY NE (US-1) Palm Bay FL 32905



SEAFOOD • BBQ & MORE!

Take Out • Catering
Private Parties

BEER • WINE

**TABONE'S
PO BOYS**

601 E. New Haven
Downtown Melbourne
(Just west of Henegar Center)

Major Credit Cards **321-536-8499**




**Space Coast
Feline Network**

Friends of feral and abandoned cats

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

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

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

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

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

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

MAKE THE SWITCH TO REAL CUSTOMER SERVICE

PHARMACY

CARL'S MEDICAL SUPPLY

Happy Father's Day!

June 21st

PH **A**QUAVIVA'S PHARMACY

Full Service Pharmacy with Fast, Friendly Service

1555 Port Malabar Blvd. Palm Bay, FL 32905
321.725.7188 (Pharmacy) 321.768.1400 (Medical Supply)

HOURS:
M-F 10 to 6 Sat. 10 to 1






Where Can You Get Hearing Care You Can Trust?

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

Each and every week we've got one of the best patients in the known universe bringing in an advertisement that they've cut out of the paper, or received in the mail trying to sell them hearing aids. Inevitably there will be at least one huge multi-page spread offering multiple offerings, some as low as \$399, provided your hearing loss doesn't exceed forty decibels. Which, by the way, is about where most folks begin to think about getting help when their loss is well below that forty decibel limit on their super low priced specials.

So, who can you trust for quality hearing care at a price you can afford?

What should you look for in a hearing care provider?

In their great best selling business book, "The Speed of Trust, The one thing that changes everything." author's Stephen M. R. Covey and Rebecca point out that each and every one of us either enjoys a benefit from those high trust relationships, be they personal, business, or societal, or we pay a tax, or cost for those with low trust.

They further break down their analysis of trust as having two major components, character, involving intent, and competence, relating directly to what you are trusting someone with. As an example, you might well trust the neighborhood girl to watch your house while you were out for a weekend, but not trust her at all should you need legal advice. It's not that her character would be lacking, only that she would lack the competence and skills needed to provide that legal advice, though she might be perfectly trustworthy to leave with your home for a week.



Without competence, you aren't assured that the person you are entrusting has the capability to deliver the results you are expecting, regardless of their character.

What else should you look for, other than character, and competence when looking for someone to trust with your hearing care?

How about their commitment to the community. Are they locally owned and operated? Or, is that offer in front of you from some out of town chain? If they are a chain, how long has the audiologist, or specialist you're talking with been with them? Where were they before? Do they live in the community?

But, by far, one of the best measures of what to expect is to check with others who have dealt where you are contemplating putting your trust. What were the experiences of your neighbours?

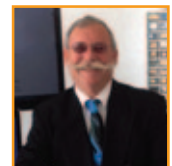
At A Advanced Hearing Care, not only have we been practicing from the same location in the heart of historic downtown Melbourne for the past twenty-three years, we maintain a website at: www.advancedhearingcare.com where you

can check us out, and meet some of those friends, and neighbours who've seen fit to entrust us with their hearing care.

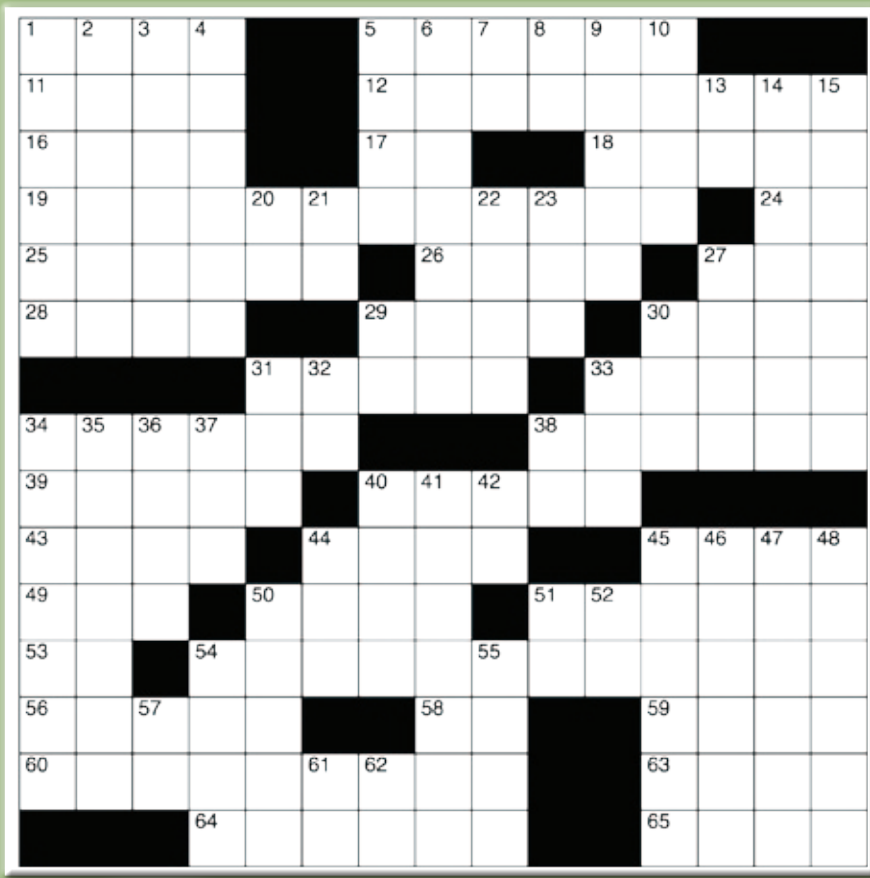
There are the two Bills; Norris, down at Florida Business Bank, and Wilson, down at R. & S. Water, or Mickie, out at "Mickey's" barbershop, or Maggie, still making art, out on the beach. Just some of the thousands of folks I've been blessed to help over the years.

So, if you, or a loved one has a hearing loss, hearing aids, or are just interested in better hearing, check us out. Visit our website, or drop in any weekday from 9:30 till noon at: Suite #12 of the Arcade Building, 720 East New Haven Avenue. We are midway between Meg O'Malley's and the Post Office. Look for the four foot neon ear hanging inside, on our lab wall, where we are always patient centered and results oriented. Just ask one of your neighbors, then come see us, all you have to lose is that hearing loss.

We have quality hearing care solutions for every lifestyle and budget, from the latest incredible new gear our industry has to offer to great used gear starting at just fifteen dollars, plus fitting and molds where appropriate. We offer free trials and the highest trade in anywhere for your current gear, if you are looking to upgrade. So don't wait till it quits, bring that old gear in we'll and clean and adjust it at no charge and make you an offer you just might enjoy, all with no pressure, or obligation. You have my word on it.



Please see our advertisement on page 26.



**Spotlight
Crossword
Puzzle**

clues ACROSS

- 1. Dried hemp leaves
- 5. Shuts
- 11. Golf shot
- 12. Emitting light
- 16. Maple genus
- 17. Integrated circuit
- 18. O'Reilly from "M.A.S.H."
- 19. SNL'S Olympia Rest. dish
- 24. Liberal degree
- 25. Short task trip
- 26. Must have something
- 27. Prefix for wrong
- 28. Student furniture piece
- 29. Semitic fertility god

- 30. Back talk
- 31. Lost brightness
- 33. Reconnaissance (Brit. military)
- 34. A narrative song
- 38. Men who cannot lose face
- 39. Bastard wing
- 40. 55121 MN
- 43. Young sheep
- 44. Fashioned
- 45. Short fight
- 49. Large payroll service Co.
- 50. Fantasy video game
- 51. Blind spot or ___ lutea
- 53. 39th state
- 54. Dessert topping
- 56. Eyelashes
- 58. Touchdown
- 59. 2nd largest Spanish river
- 60. Made poisonous
- 63. Favorite old shade trees
- 64. Table linen
- 65. A measured portion of medicine

clues DOWN

- 1. Separated
- 2. 32-card game
- 3. Guides a vehicle
- 4. A brief run of luck
- 5. Baby bed
- 6. Manuscript gaps
- 7. Overdose
- 8. Yes in Spanish
- 9. Dog-___: shabby & worn
- 10. Mark with an asterisk
- 13. Potato state
- 14. Cereal giant
- 15. Lawn, sedge & cereal
- 20. Tin
- 21. - __, denotes past
- 22. Interpret written words
- 23. Jelly-like colloid
- 27. Speed of sound
- 29. Initials of "Jezebel" actress
- 30. Not wet
- 31. Supervises flying
- 32. In the year of Our Lord
- 33. Stood for election
- 34. A state of equilibrium
- 35. His magic lamp
- 36. Small sugar cube
- 37. Bachelor of Laws
- 38. Pa's partner
- 40. Wyatt __, OK Corral
- 41. Device that makes 2 pieces compatible
- 42. NBC's parent Co.
- 44. Japanese apricot
- 45. Concrete leveling guide
- 46. Adobe dweller
- 47. Warning devices
- 48. Having many branches
- 50. ___ Vesh, "Star Wars"
- 51. Doc
- 52. Carrier's invention
- 54. German for Vienna
- 55. Contrary water movement
- 57. Roman 55
- 61. Out of print
- 62. Of I

Are You in Pain or Joints Inflamed?

Supplements Can Help!

You're in pain, and ibuprofen just won't cut it. NSAIDs don't agree with your stomach, and you're wary of stronger medications. Fortunately, you have alternatives for natural pain relief. Certain supplements have been shown to reduce pain and have anti-inflammatory properties that can help with conditions such as arthritis, fibromyalgia, and even muscle strains. Here are 3 natural remedies that can help keep you going about your everyday activities.

Boswellia

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.

SAM-e

How often you change your filtered 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.

Curcumin

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.

A-BEST AIR & HEAT

Service • Installation • Parts & Supplies for Do-It-Yourselfers

THE BEST DEFENSE!

BEING PREPARED FOR FLORIDA'S SUMMER TIME HEAT & MOTHER NATURE!

SERVICE CALLS ONLY
39.95
M-F
with coupon / not combined with any other offer
expires 6-30-15

Family owned and operated in Brevard since 1984
321-725-8758
www.a-best-air.com

ASK US ABOUT OUR HASSLE FREE MAINTENANCE PLANS!

SERVICE IS OUR BUSINESS

STATE CERTIFIED -- Lic. #CA00 58086

The advertisement for A-Best Air & Heat features a vibrant design. At the top, the company name 'A-BEST AIR & HEAT' is written in large, blue, block letters with a white outline. Below this, the services offered are listed: 'Service • Installation • Parts & Supplies for Do-It-Yourselfers'. The main headline is 'THE BEST DEFENSE!' in large, bold, red letters, followed by the sub-headline 'BEING PREPARED FOR FLORIDA'S SUMMER TIME HEAT & MOTHER NATURE!' in green. The central illustration shows a smiling sun wearing sunglasses and holding a thermometer, a person in a pool holding a red flag, and a penguin sitting on an ice cube. A yellow box on the right contains the offer: 'SERVICE CALLS ONLY 39.95 M-F with coupon / not combined with any other offer expires 6-30-15'. At the bottom, the company's contact information is provided: 'Family owned and operated in Brevard since 1984', '321-725-8758', and 'www.a-best-air.com'. A small box on the right says 'ASK US ABOUT OUR HASSLE FREE MAINTENANCE PLANS!'. A speech bubble from the penguin says 'SERVICE IS OUR BUSINESS'. In the bottom left corner, it says 'STATE CERTIFIED -- Lic. #CA00 58086'.

BREVARD COUNTY COMMISSION RECOGNIZES Health First's Viera Hospital for 5-Star Rating

VIERA HOSPITAL ONE OF ONLY 4 IN FLORIDA TO RECEIVE TOP MEDICARE RATING

The Brevard County Board of Commissioners issued a proclamation Tuesday recognizing Health First's Viera Hospital for its recent 5-star designation for patient experience.

Viera Hospital was one of only four hospitals in Florida – and the only one in Central Florida – to receive the top rating from the federal government. Overall, only 251 hospitals (7 percent) in the U.S. earned the top mark.

"We are pleased to accept the proclamation on behalf of our dedicated associates, medical staff and volunteers," said Bill Calhoun, President, Community Hospitals for Health First. "We are honored that our community hospital has been recognized in such a way by our Brevard County Board of Commissioners."

Calhoun and Viera Hospital's Chief Operating Office Deborah Angerami were in attendance for the reading of the proclamation.

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



Brevard County Commissioner Curt Smith (from left) with Deborah Angerami, COO, Health First's Viera Hospital, and Bill Calhoun, President, Community Hospitals for Health First.

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.

It was the first time the Centers for Medicare & Medicaid Services (CMS) 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.

PUZZLE [PG42] SOLUTION
How well did you do?

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

SIGN WIZARD

CALL TODAY FOR YOUR CUSTOM QUOTE!

SIGNS & BANNERS • VINYL LETTERING
 CAR WRAPS & DECALS • SCREEN PRINTING
 EMBROIDERED APPAREL • T-SHIRTS

321.729.9485
 1707 Canova St. SE, Ste 5
 Palm Bay, FL 32909
 www.Sign-Wizard.com

PIP Printing and Marketing Services
 Since 1988/Member/Full Day

HAPPY FATHERS DAY

A FATHER IS A FRIEND, PROVIDER, AND TEACHER..

GOD BLESS YOU.

G & J POOL REMODELING INC.

Weekly Pool Service
751-1099
 www.GandJPools.com

Like CPC 1457123

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
Deb Moleski of Malabar

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 # _____

Advertiser

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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

Name: _____

Age: _____

Address: _____

City: _____

State: _____ Zip: _____

 **CUSTOM T-SHIRTS**

TROPICAL DESIGN
Matthew 6:33

LARGEST PRODUCER IN BREVARD
PRODUCING UP TO 10,000 SHIRTS A DAY

BEST EQUIPMENT IN BREVARD
GREAT FOR YOUR CHURCH,
SCHOOL, CLUB, BUSINESS OR RETAIL

IN HOUSE ART DEPT.

JOIN US ON  **facebook**

321-255-9030

397 PINEDA COURT MELBOURNE, FL 32940

WWW.TROPICALDESIGN-TSHIRTS.COM

The *Henegar* Register at Henegar.org today!

Summer Theatre Workshops

Elementary School: Grades 1-5

Disney's AristoCats KIDS

June 8-26 Cost: \$300
Session 1: Mon-Fri 9am-12pm
Session 2: Mon-Fri 1pm-4pm

Middle School: Grades 6-9

Peter Pan

June 15-July 10 Cost: \$300
Rehearsals: Mon-Fri 9am-12pm

High School: Rising 10th grade through
graduating seniors

PIPPIN

June 15-July 17 Cost: \$150 for performer/\$50 for musician

For Tickets and Registration:
321.723.8698 Henegar.org



MELBOURNE *regional*
CHAMBER of East
Central Florida

For Reliable – Dependable – Ethical Businesses
call The Better Business Council of the Melbourne
Regional Chamber. Serving South Brevard since 1961, the
BBC is your trusted source for reliable business referrals.
Don't get disappointed, call us first 321-984-8454.

Better Business Recipient FOR JUNE 2015:

Brevard Health Exchange

Mrs. Pat Shankle

321-574-6440



**BREVARD HEALTH
EXCHANGE**

Beat the Heat with some *REALLY* **COOL SAVINGS**

Julston Sofa & Loveseat



3 Colors

ONLY \$499⁹⁵

Zella 2pc Sectional



ONLY \$599⁹⁵

Alliston Sofa & Loveseat or 2pc Sectional



3 Colors

ONLY \$699⁹⁵

Hogan Reclining Sofa & Loveseat



ONLY \$999⁹⁵

Rouge Power Reclining Sofa & Loveseat



ONLY \$1399⁹⁵

5pc Pendleton Pub Set



ONLY \$299⁹⁵

5pc Hopstand Pub Set



ONLY \$379⁹⁵

5pc Plank Dining Set plus FREE Bench



ONLY \$499⁹⁵

Tw Honey Daybed w/Storage & Trundle



2 colors

ONLY \$399⁹⁵

6pc Qn Bostwick Bedroom Set



2 colors

ONLY \$499⁹⁵

6pc Qn Louis Phillippe Bedroom Set



2 colors

ONLY \$599⁹⁵



3388 W. New Haven Ave. Melbourne, FL 32904

321-956-6800 MON-SAT 10-7

Financing Available

SUN 11-5

www.sleepyheadsinc.com



REGISTER NOW

Health First FREE
CPR Day and 5K



Be a
Superhero.
Learn to
Save a Life.

Register at HFcpr.org

Saturday, June 13 at Space Coast Stadium, Viera

PRIZES FOR ALL KIDS DRESSED AS SUPERHEROES

5K starts at 7 am ♥ CPR Training starts at 8:30 am ♥ All events are FREE
Registration required – Register at HFcpr.org

PARTICIPANTS WHO COMPLETE THE CPR TRAINING RECEIVE:

- Free Health First CPR Day t-shirt
- Free ticket to a Brevard County Manatees game
- Certificate for a free personal gourmet pizza from Pizza Gallery & Grill in Viera

CPR DAY ACTIVITIES INCLUDE:

- First Flight helicopter landing
- Kids activities
- Brevard Zoo animals
- Heart Healthy cooking demonstration
- Brevard County Fire Rescue
- And more

**CPR Training is AHA "Friends & Family" and is not job certification training.*

**Health
First**

Education & Training