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spotlight

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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

As we ease on into the month of August, please be mindful that our schools will once again be ringing their bells, announcing the start of a new school year. Please take some extra time on your morning and afternoon drives, as our children and grandchildren will be sharing the roads with us. We all need to Arrive Alive!

Speaking of back to school, on August 15th, Carlise Chiropractic Center will be hosting this year's "Back 2 School Extravaganza." Some of the activities for this year's event include free child I.D. fingerprinting, free child identity theft prevention, information on dental and medical programs, and a keeping babies safe program. There will also be \$5 hair cuts for children sixteen and under, and awesome door prizes throughout the day. For more information on this event, please see page 17 of this issue of Spotlight.

I would also like to personally welcome Jersey Mike's Subs, Brian Price and Nadine Smith as our Spotlight Business of the Month. Jersey Mike's Subs is very active within our community and has donated over \$30,000 so far this year to local community charities. So if you are in need of a fundraiser for your school, team or organization, Nadine and Jersey Mike's is just a phone call away.

Be safe and see ya next month,

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

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August 2015 | Volume 18 | Issue 08

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inside the Spotlight

august 2015

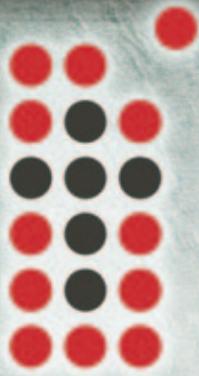


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DO I HAVE TO GO TO WORK?

by Jim Campbell, First Baptist Church of Melbourne

I read a Gallup poll the other day from 2013 that surveyed 150,000 US workers about their attitude toward their jobs and 70% of those surveyed were “disengaged” with their work. Imagine what that does to morale if 70% of the people are uninspired by their jobs or their bosses? Imagine what it does to production? More and more, I see articles and blogs across my social media feed about how to better your work environment, for both employees and bosses. What is the deal with work?

I know that we’ve all felt at times that our work was not attractive, but what makes it that way? Work is supposed to be an important part of the existence of a human being. When God created Adam, one of the first things He gave Adam in that paradise, was not a house or a car or an iPhone, but a job. We also know that when Adam and Eve chose to sin in the Garden of Eden, part of the curse of sin was that work would be seen as “painful toil” (Genesis 3:17). Do you realize that quite possibly, before sin entered the world, our work would have been a wonderful enjoyable experience? Without sin, we would have all been “seven-dwarfing” it through life, whistling while we work... what a great plan! But sin messed it up.

At the core of every problem, hurt, pain and disappointment that anyone has ever experienced is sin. It’s not a one on one correlation that you do something bad, something bad happens to you, but because sin is present in the world, bad things happen. One of the things that I love

about being a Christian is that part of my relationship with Christ is that it deals with the real problem in life by getting at the source of it. While other programs and systems deal with the “leaves on the weed”, Jesus gets to the root of the problem, a problem that taints all, even our work. A relationship with Jesus begins to counteract the effects of sin, by giving us courage when we are afraid, wisdom for when we don’t know what to do, peace for when the heat is on, confidence when things seem bleak by providing in miraculous ways that give us momentum for the future.

The truth is that whenever you follow Christ, you have the chance to be successful in any situation, because you can always honor the Creator, and God ultimately rewards that. The reward might not be what we thought, even at times, not seeming like a reward at all, but in the end, the value shines through. When we follow Christ, our life is transformed into a purposeful, meaningful story that inspires us, excites us and sustains us, and when you follow His direction, it will lead to work, but a work that is inspiring and fulfilling, regardless of the job description. Paul wrote it like this: “I have learned the secret of being content in any circumstance...I can do all through Christ who strengthens me.”

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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Pianos PLUS!

by Bruce Marion, Marion Music

Remember the days of old, the pre-radio era, when churches and saloons all had pianos or pump organs?

For \$100, Sears Roebuck would deliver you a piano C.O.D. by train, anywhere in the lower 48 states. Now pianos only enthrall one of every ten households in America. In Japan, there is a piano in one of every four homes/residences.

Knowing now what impact it has on motor skills, math and science, cognitive awareness, etc., you would think every household worldwide would want a piano or keyboard for the home. They call it the Mozartian effect, and pre-natal infants are now encouraged to listen to classical music. In Atlanta, parents were given a classical CD to play for their very youngest children. It has also been determined that people eat better with mellow music.



Keyboards or digital pianos are further enhanced by computer interaction with learning theory, games, recording, even karaoke and other musical instrument interplay with the computer, ipad or iphone. You can even get a guitar tuning ap on your phone. What next?

Just the fun of singing hymns or new pop songs, or holiday and Christmas carols should be appealing to the masses, just as it was in the early teens and roaring twenties. Until the radio came along, Lil Orphan Annie and such programs stole the thunder of the piano. It was worsened by the advent of the television and later, video games and computers kept crippling piano sales. In those early years, over one hundred thousand pianos were sold annually in America! There were over 100 name brands at one time.

Sadly, now just a small handful of piano manufacturers exist in the US, Korea, Japan, China and Europe. So, if you want more intelligence, more social structure and interplay, better get your gang a piano. If you want less Alzheimer's, dementia and autism, get a piano to massage your mind with music therapy, now a popular and needed geriatric and pediatric science. Whatever you domake music on the piano or the keyboard and live a longer happier and healthier life.

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Seasonal Allergy Triggers

Allergic reactions occur when the body's immune system attacks an often harmless substance like animal dander, food or pollen. Medication can help reduce the severity of such reactions, but some allergy sufferers find allergic reactions inconvenient nuisances even with medication.

Understanding what triggers allergic reactions may help some people avoid them or make them easier to handle. The following are some of the more common allergy triggers and how men and women suffering from allergies can avoid them.

Pollen

Pollen is perhaps the best-known allergy trigger. A fine, often yellow substance that's essential to the fertilization of flowers, pollen can be spread by wind, insects or other animals. Hay fever sufferers may sneeze or experience a runny nose and itchy eyes when pollen spreads. Over-the-counter medications, such as Claritin®, can be especially effective at relieving symptoms of seasonal allergies. But allergy sufferers also can combat high pollen counts by staying indoors on windy days and closing their windows and running their air conditioners.

Pet dander

Dander are flakes of skin in an animal's fur or hair. Because of their microscopic size, these flakes of skin can easily attach and remain attached to bedding,

fabrics and furniture. Many people keep their pets even if they develop allergies to dander. Should such a situation arise, do not allow your pet into your bedroom, bathe the animal regularly and remove carpeting in favor of bare floors or washable rugs.

Mold

Mold is a furry growth of minute fungal hyphae that is often found in damp parts of a home, such as basements and bathrooms. Mold also can be found in grass and mulch, triggering allergic reactions when men and women spend time in their yards. To avoid an allergic reaction triggered by mold, make sure moist areas of your home get fresh air regularly and routinely clean ceilings or other areas where mold may grow.

Dust mites

Tiny bugs that live in bedding, carpets, curtains, upholstery, and mattresses, dust mites feed on dead skin cells from people and pets. Dust mites also may feed on bacteria, fungi and pollen. Dust mites thrive in humid conditions, but these pests can be combatted with hypoallergenic pillows and mattress covers. Removing materials that collect dust, such as carpet, also can reduce the number of dust mites.





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Lisa & Henry Olender



Tips for **Adult Students Returning to School**

Adults return to school for a variety of reasons. Some might be spurred by a desire to pursue a new career, while others might go back to school to learn more about their existing field and improve their career prospects. While their reasons for returning to school may differ, many adults find themselves battling some nerves as they begin the process of going back to the classroom.

Feelings of doubt are common among adults returning to school. But there are steps all adult students can take to reduce their anxiety and make the most of the often exciting experience of going back to school.

Start Slow

Unlike more traditional college students, adults returning to school tend to have significant responsibilities, including families and careers. Juggling work and family is difficult on its own, but doing so along with college coursework is even harder. Adult students returning to school after a



long layoff would be wise to take things slowly at first so they and their families can gradually adjust to their new schedules. Many schools now offer online courses, which can be especially beneficial for working professionals.

Have a Plan

Many adults only return to school when they know exactly what they want to study or which courses they need to take to complete a degree or earn a certificate. If you have not already mapped out such a plan, do so before enrolling in any classes. The cost of a college education has no doubt increased considerably since you last stepped foot on campus, so you don't want to be signing up for costly classes that will not help you accomplish what you hope to accomplish by returning to school.

Research your Options

Just because you are an adult returning to school does not mean you are ineligible for scholarships

or other forms of financial aid. The United States Department of Labor maintains a scholarship search engine at www.careerinfonet.org where students of all ages and academic levels can search for scholarships, grants and other financial aid opportunities to determine if they are eligible for some help paying for tuition. In addition, adults returning to school may want to discuss their plans with their employers, especially if they are looking to continue working in their current fields. Employers may have programs in place to subsidize employees looking to continue their education.

Don't be Discouraged

Many adults mulling a return to school are hesitant to do so because they feel as if they will be the only older students in classrooms filled with millennials. However, the National Center for Education Statistics predicts a 14 percent increase in enrollment of students 25 and older between 2011 and 2021, suggesting that adults going back to school are unlikely to be the only graybeards in their classrooms.

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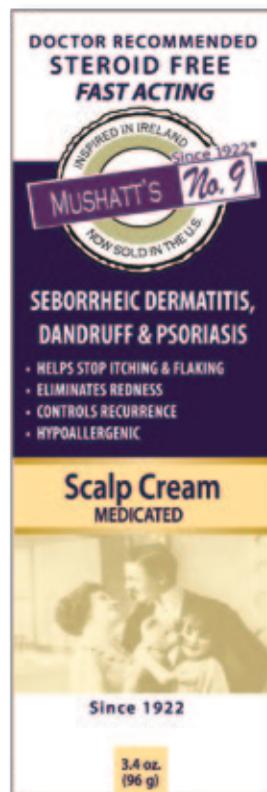
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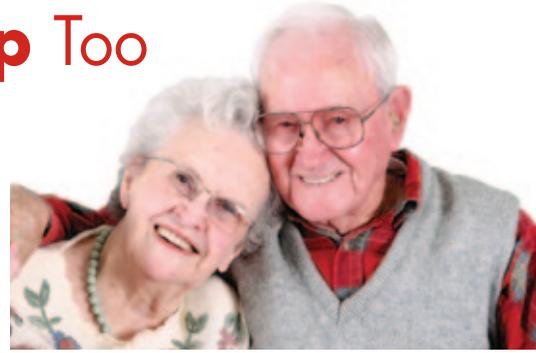
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Seniors Need Help Too



Dear Friends,

As most of you know from reading my columns and from your own life experiences, getting older is not always fun, or easy. Many of us worry about having enough money after retirement to live with some semblance of dignity. Set the word "dignity" aside for the time being and let's just talk about getting older and having others understand what that means.

Elders represent 22% of Brevard County's population, whereas children represent 19%. Of my taxes, 44.6% goes to children's education while 0% goes to seniors. In addition to taxpayer money, Brevard County and its municipalities receive federal funds through the Community Development Block Grant (CDBG) program. The CDBG was established by Congress in 1974 to improve the quality of life in low and moderate income areas.

So why am I am talking about this in my column? Helping Seniors asked for CDBG funds to help pay for our information specialist, who directs elderly clients to needed services. One way to qualify for CDBG funding is to provide a low/moderate limited clientele activity that benefits a specific group of people automatically presumed by HUD to be principally low/moderate income persons. Helping Seniors fulfills this requirement by serving elders. In the past nine months, we have managed nearly 450 individual cases.

Unfortunately, due to government over-management and a plethora of paperwork that must be signed by those receiving service, we have been prohibited from receiving CDBG funds. Since most of our clients are served over the phone, they circumvent the office visit precluding us getting their financial data, age, race, etc., i.e., a signed piece of paper.

I understand the need to qualify for federal funding, but are we making the qualifications too difficult? Isn't it enough that people are being helped: dentures are provided, hungry people are directed to food sources, and people existing on \$800 a month and food stamps suddenly learn about VA Aid and Attendance? Information and education are the key to empowerment, and that is what Helping Seniors and similar organizations do to help people.

The result of over-management is that seniors do not get the funding they need. We have to follow rules, but at times the rules need changing. Does it make any difference whether or not the 89 year old needing help is wealthy, of average income, poor or low income, Caucasian, Black, Hispanic, single, etc.? It shouldn't make any difference! We need to simplify. We need to develop better ways of directing information and/or funding to the elderly.

A Brevard County Aging Plan will help equalize the funding field and ensure that seniors and juniors are both treated well. It is great that United Way will help feed 2,000 children this summer, but how about the 245,000 seniors in Brevard, thousands of whom need the help described in this article? We need a community effort to help seniors and juniors, not one at the expense of the other. Seniors get hungry, lonely and depressed too!

By the way, if you would like to help Helping Seniors of Brevard, we are in fact a 501(c)(3) nonprofit organization that could benefit by donations and volunteers. We want to continue to help our callers who are desperately looking for help, and every penny and volunteer hour counts! Call 321-473-7770.



Joe Steckler
President

Helping Seniors of Brevard
571 W. Haverty 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

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BACK TO SCHOOL EXTRAVAGANZA

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by Dr. Deanna Carlisle, Carlisle Chiropractic Center

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LESSON FROM FRENCH FRIES

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



Perhaps you read the story about a man who wanted to spend some quality time with his son. He took the day off and arranged for just the two of them to spend the morning doing things his son enjoyed doing. They took a walk on the beach hunting for shells, they went swimming in the ocean and they played catch in the park. They had been enjoying the day so much, they hadn't eaten. They were going to end the day by fishing in a local farm pond. Since they were both hungry, dad decided to drive through a local hamburger joint where he ordered the super-size French fries and handed them to his son. The fries smelled so good, that dad reached over, took a fry and ate it. His son, visibly upset responded by saying ... "dad, these are my fries, you can't have any."

Dad (far more gracious than I might have been) immediately had 3 thoughts:

- My son has forgotten I am the source of all fries. I'm driving, I took him, I ordered, I paid, I handed them to him ... The only reason he got any fries was because of me.
- My son doesn't realize I could take the fries away in a second (probably my second choice) or I could buy an entire truckload of fries ... If I wanted. I have the power to do either. It's my choice.
- I didn't need his fries, I have money and I could easily get my own, I just wanted him to learn to not to be selfish.

Those are the same lessons I think God wants us to learn:

- He is the source of everything we have. Let's be brutally honest, If it weren't for God, we would have nothing, we wouldn't even be alive.
- God can take it all away in an instant or he can multiply it many times over if He chooses, because He has the power to do either.
- God doesn't need our money. He just wants us to learn to be unselfish and generous. He wants to develop our faith.
- God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others. 2 Corinthians 9:8 NLT
- Do to others as you would like them to do to you. Luke 6:31

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"We are living in exciting times..."



"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 going to the same church my entire life (sixty-two years). Until this past year, I've never heard our pastor teach about end-time prophecy. Now he mentions it every week. I've always been curious but after reading the book of Revelations, I'm really confused. I'm unsure of what's literal and what's symbolic. Is the rapture literal? I can't find the word in my Bible.

-Edna of Dayton, Ohio

Dear Val,
"Jeff" and I have been dating one another for two years. As of last month, we're officially engaged and planning a large wedding in December. Both of us were married previously and we have grown children from these marriages. Our pastor will not marry us in the church unless we complete pre-marital counseling. I think this is ridiculous! We're both mature adults and in our forties—not twenties! We want to be married in our church—by our pastor. Don't you think this is a little extreme?
-Debbie of Palm Bay

Dear Edna,
Bible prophecies are history written in advance. In the Old Testament, there were over one hundred prophecies foretelling the first coming of our Messiah—and Jesus fulfilled every one! Now think about this, there are five times as many prophecies concerning our Savior's second coming. We are living in exciting times because we're seeing many of these predictions coming true before our very eyes! The word "rapture" comes from the Greek word *harpazo* and means "caught up." In 1 Thessalonians 4:16-18, the apostle Paul provides us with five important details pertaining to Christ's return.

"For the Lord Himself will come down from Heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage one another with these words" (NIV).

I can't possibly explain all of "end-time" prophecies in this column; however, there are excellent books, backed up with scripture, on this subject. For starters, may I suggest:

Are We Living in the End Times? by Dr. Tim LaHaye and Jerry B. Jenkins, What in the World is Going On? by Dr. David Jeremiah, and Jerusalem Countdown by John Hagee.

Studying Bible prophecies should challenge and encourage Christians to evangelize more boldly than ever. How do you suppose the world will explain millions of people vanishing off the face of the earth? Hmmm...something to think about.

Dear Debbie,
I have no doubt you've acquired a measure of wisdom and maturity in your forty-plus years; however, recent studies conducted at Forest Institute of Psychology reveal that 50% of first-marriages, and 67% of second-marriages will—in all probability—fail. I'm saddened to say, this ratio is no better within the church. Think about this, why would you invest thousands of dollars in wedding preparations—and forgo the benefits and advantages of pre-marital counseling? That makes no sense.

Pre-marital counseling covers an array of issues such as: spirituality, blending families, responsibilities of the husband and wife (from a Biblical perspective), sexuality, financial liabilities, and so on... The pastor's objective is to protect the flock—that's you and me. He wants to give you every advantage—and weapon to use against Satan's attacks. This way, when trouble comes—and it will—you will be better prepared. I hope you seriously re-consider this as an invaluable resource.

(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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FAMILY FAVORITE SPOTLIGHT ON COOKING

by Cecelia Danas



Chicken (Turkey) Croquettes

- 3 tbsp unsalted butter
- 1 medium onion minced
- 1 1/2 tsp minced fresh sage
- 1 1/2 tsp minced fresh thyme
- 2 cups chopped cooked chicken or turkey
- 1/4 cup half and half (or heavy cream)
- 1 cup mashed potatoes (leftovers are good to use)
- 1/4 cup all purpose flour
- 1 large egg lightly beaten
- 1 1/2 Italian bread crumbs
- Salt and Pepper to taste
- 1 1/2 cups vegetable oil to fry croquettes

Melt butter in a large frying pan over medium-high heat. Add onions, salt and pepper and cook until onions are soft and still the same color. Add sage and thyme and cook for 1 minute. Add chicken and half and half and cook until liquid evaporates (1 or 2 minutes). Pour in a large bowl and let cook for 15 minutes.

Add potatoes, flour and egg and season with salt and pepper. drop 2 tbsp of mixture

into a shallow bowl of breadcrumbs, turn to coat and pat into 2 inch disks. Arrange in a single layer on a baking sheet, and refrigerate for 10 minutes.

Heat 1/3 inch oil in a frying pan over medium heat. working in batches, cook croquettes in a single layer until golden brown, about 2 minutes per side. Place on a paper towel to drain and serve.

I am so tired of eating chicken

so I went into my mom's cookbook to look for her Chicken Croquette recipe. This recipe was a family favorite. Sunday was always Italian food, but a chicken was always roasted too. Don't ask me why, I don't know. Thursday was leftovers. This was my favorite. Serve it with applesauce or cranberry sauce, a veggie and salad and you will have a meal your family will love. Also you can use your leftover turkey at Thanksgiving and think about making them for a appetizer. Enjoy.

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

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For the month of August, our honoree for Community Movers and Shakers is Christopher Robinson, the owner and President of One Insurance Group, Inc.

For the past ten years, Chris has been involved in numerous community outreach programs and several civic organizations. His business belongs to the Melbourne, Palm Bay, and Cocoa Chambers of Commerce, and Chris currently serves on the executive board of the

Greater Palm Bay Chamber, and chairs its First Friday by the Bay committee. He has also lent his time and talent to the Youth Advisory Board for the City of Palm Bay, the Tourism Development Council Marketing board, and the Car Show committee for the Melbourne Police Foundation.

One Insurance Group has contributed to and supported many local non-profit organizations including Brevard Caribbean American Sports & Cultural Association, Serene Harbor, Nana's House, Haitian American

Association of Brevard, and several local churches. Last year, they sponsored the One Love Music Festival.

Chris attributes his passion for helping others to his mother, who instilled in him a solid work ethic, and a love of this country that afforded their immigrant family so many opportunities. We congratulate Chris and applaud him for all of the ways he has found to share his American Dream with so many others.

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Vaccines and Their Side Effects

Vaccines are recommended to prevent disease and keep us healthy. Vaccines are responsible for something called “herd immunity.” If the majority of people in a community have been vaccinated against a certain disease, an unvaccinated person is less likely to get sick himself. During the past 60 years, vaccines have helped eradicate smallpox and almost wiped out all cases of polio. The Centers for Disease Control and Prevention also reports a 99 percent reduction in the incidence of bacterial meningitis since the introduction of the vaccination against the disease.

Despite the good they can do, some people are hesitant to follow recommended vaccination schedules for fear of side effects. Some side effects are legitimate, but many studies continue to indicate there is no relationship between vaccines and autism.

Vaccines undergo rigorous safety testing prior to being approved for use and,

once approved, are continually monitored for safety. But as with any medication, there are possible side effects associated with vaccinations, although most are not serious. The following are some side effects that people may experience after being vaccinated.

- injection site reactions, such as pain, swelling, a small lump, and redness
- mild fever
- shivering
- fatigue
- headache
- muscle and joint pain

More serious side effects, such as allergic reactions, are rare. Parents should monitor their children after vaccinations for any behavior or health changes. Some doctors recommend taking a fever reducer, such as ibuprofen, if a fever develops and makes a child or adult feel uncomfortable after he or she is vaccinated.

Many vaccination side effects are short-lived and not a cause for concern. But if side effects do not subside shortly after you have been vaccinated, bring this to the attention of your physician.



It can be tempting to forgo vaccines out of fear of any of the aforementioned side effects. But the benefits of vaccines far outweigh the risks. Although they are not 100 percent effective

in every person, vaccines do provide the best defense against diseases that can kill or injure millions of people.

For more information on vaccine schedules, visit the CDC (www.cdc.gov) or the American Academy of Pediatrics (www.aap.org).



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DATA RECOVERY: IMAC'S WITH FUSION HARD DRIVES CAN CRASH TOO!

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

Apple's Fusion technology is a proprietary version of what's become known as 'hybrid hard drives' because they combine traditional magnetic storage technology with the faster solid-state memory (similar to USB flash drives). Hybrid storage systems can be one of the best upgrades you can make to any computer because for a little more money than a traditional hard drive, they can greatly improve the overall performance of your computer.

They accomplish this by storing often-used programs and files on the faster solid-state portion and less-used files on the traditional drive. The intelligence built into the drive monitors your activity and automatically moves programs and files to the faster portion as you use the computer.

Apple's Fusion technology, however, does have a dark side when it fails. Unlike traditional hybrid hard drives made by companies like Seagate and Western Digital, the Fusion's proprietary system

makes it very difficult to reconstruct data when it fails.

Apple Stores lack any of the sophisticated data recovery tools and knowledge to even attempt such a difficult task, so



all they try are a few simple ways to try to access your files. Even the most sophisticated data recovery labs would have a difficult time reconstructing your data because of the proprietary nature of the Fusion drive. This is not to say that it's

impossible, just incredibly difficult, and, as a result, generally very expensive. Many newer storage technologies are proving to be more difficult than traditional technologies when it comes to recovering data from failed drives.

I can remember when a 40 Megabyte hard drive was considered 'bigger than you'll ever need.' Now, the smallest iPhone or typical USB flash drive has 400 times that storage capability.

Traditional mechanical drives that store data magnetically have been around so long that the methods for recovering data from them have evolved tremendously, making a successful data recovery more likely. When solid-state memory devices such as flash drives, camera cards, and SSDs fail, physical damage to the actual circuitry can often make recovery extremely difficult or even impossible.

Additionally, when you throw in proprietary technology that connects and stores the data on hybrid devices, like what Apple is doing, yet another layer of complexity is added making recovery even that much less likely.

The moral to this story is clear: The newer and more sophisticated your storage system is, the more important it is to have a well thought out backup scheme in place. Incorporating the 3-2-1 method of backup should eliminate the need to ever pay for expensive data recovery:

You should have -- Three copies of your data on two different devices with at least one copy off-site.

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- Name the event that will be taking place on page 41.

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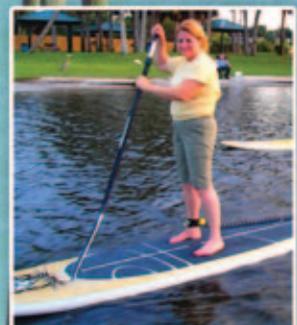
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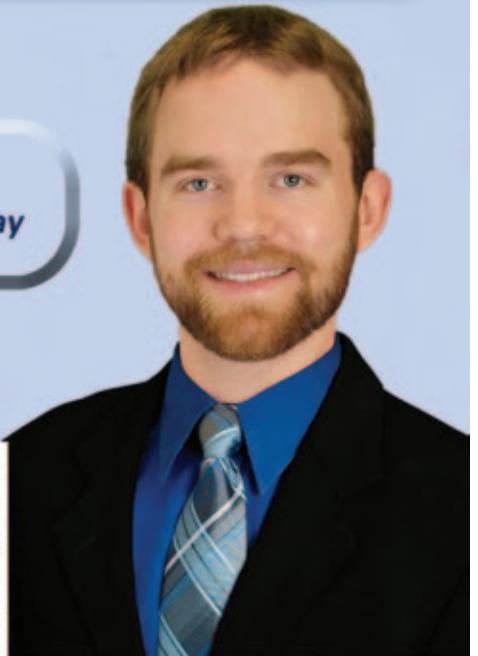
If you suffer from dry eye, or eyes that tear excessively, a comprehensive evaluation may be your best first step towards enjoying greater comfort and clearer vision.

Symptoms May Include:

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DRY EYES – AN OFTEN IGNORED AND FREQUENTLY FRUSTRATING EYE CONDITION

"Having dry eyes can be quite frustrating for the person who suffers from them," according to Dr. Michael N. Mandese, O.D., F.A.A.O., of The Eye Institute for Medicine & Surgery. "Dry eyes can be painful, they can cause blurred vision, they can lead to abrasions and chronic infections, and in general, dry eyes can be a rather difficult condition to live with," continues Dr. Mandese, the Neuro-Eye Diseases Specialist at The Eye Institute.

"To the surprise of many people, excessive, uncontrolled tearing can also be caused by having dry eyes, as the body attempts to compensate for the lack of a high quality tear film," adds Dr. Eric R. Straut, Optometric Physician and Low Vision Specialist at The Eye Institute.

"At The Eye Institute, complaints of dry, irritated eyes are taken very seriously. We understand how this condition can diminish one's quality of life," states Dr. Mandese.

Diagnosing Dry Eye Syndrome

The first step towards finding a solution to dry eyes is making an accurate diagnosis. This starts with a thorough medical history. "We want to know if you have a history of any chronic diseases, particularly inflammatory conditions, autoimmune disorders, and diseases of the thyroid, endocrine system or cancer, as each of these can affect the ways in which they are treated and how symptoms manifest," remarks Dr. Straut.

Examples of medical conditions that can lead to dry eyes include lupus, sarcoid rheumatoid arthritis, Crohn's disease, irritable bowel syndrome, ankylosing spondylitis, pregnancy, thyroid disease, and diabetes. Chemotherapy or radiation treatments can also cause or worsen the symptoms associated with dry eyes and, due to hormonal changes, women are more likely than men to suffer from dry eyes.

"Once a person's medical history has been fully reviewed, my colleagues and I carefully listen to the patient's concerns. We frequently hear that people who are avid readers or computer users suffer from dry eye as they blink less frequently when engaged in these activities," states Dr. Mandese.

"People who are frequently exposed to direct air flow from air conditioning or the wind on an ongoing basis are more likely than others to experience irritation associated with dry eyes," adds Dr. Straut.

"Once people reach their 40s, it is not uncommon for people to begin to experience redness, dryness and irritation, particularly if they wear contact lenses," according to Dr. Mandese.

Treating Dry Eyes

Dr. Mandese explains that the successful treatment of dry eyes requires a customized and individual approach to ensure that the dry eye sufferer achieves maximum relief. "We believe in a full body approach to dry eye treatment, including nutritional counseling, the use of certain omega 3, 6, and 9 supplements, careful selection of lubricant tear drops, and in many cases the placement of intracanalicular punctal plugs." Intracanalicular punctal plugs are a major advancement in the treatment of dry eyes. "They fit much better than previous generations of plugs. Patients find them to be comfortable, in most cases not being able to tell that these plugs are in place, with the exception of the fact that the eye irritation that they previously experienced has been eliminated," adds Dr. Mandese.

Dr. Mandese & Dr. Straut are currently accepting new patients at their Rockledge, Melbourne and Palm Bay Offices. For more information or to schedule an evaluation, please call (321) 722-4443.



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WORD SEARCH: Solve the Puzzle and PLAY to WIN!

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

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

- | | | | |
|-------------|------------|------------|------------|
| Astigmatism | Depth | Eyesight | Lens |
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**Win a \$25 Gift Card
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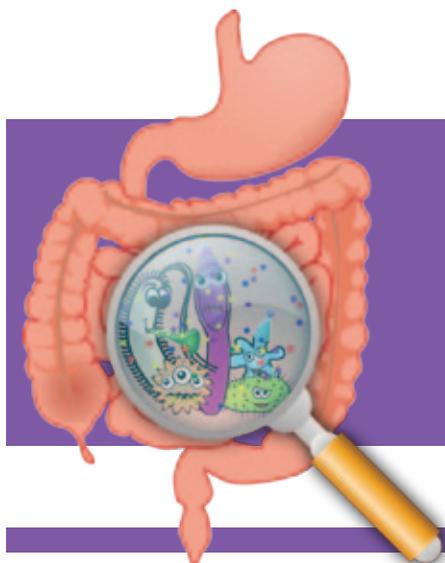
Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

What are Probiotics and should I be taking them?

by Caroline M. Griffin, ARNP

Probiotics may help keep you healthy by decreasing the number of “bad” bacteria in your gut that can cause infections or inflammation and by replacing the body’s “good” bacteria which then helps to keep your body functioning properly. There are several studies showing that probiotics and prebiotics may be beneficial for overall health and wellness and the risks and benefits may be worth discussing with your health care provider.

Digestive tract conditions: Probiotic supplements may be useful in treating and preventing inflammatory conditions, such as chronic stomach inflammation and ulcers caused by *Helicobacter pylori* bacterium. They may also be helpful in treating constipation, irritable bowel syndrome, acid reflux, spastic colon; shortening the duration of infectious diarrhea; and reducing the recurrence of bladder and colorectal cancer. Some studies suggest that probiotics are helpful in preventing diarrhea - a common side effect of treatment with antibiotics. They have



also been shown to prevent or treat urinary tract infections and vaginal yeast infections in women.

Other conditions in which probiotics are being studied: skin infections such as eczema in children; mental illness; childhood stomach and respiratory infections, allergies and asthma; sleeping problems; joint stiffness; lactose intolerance, and for boosting the immune system.

Not all probiotics are created equal nor do they all work the same for specific conditions. It is especially important for people who are immunosuppressed or who have irritable bowel syndrome, Crohn’s disease or rheumatoid arthritis to

check with their health care providers before taking any probiotic supplements. Always inform your health care provider of any supplement you may be taking as they may interfere with your medications.



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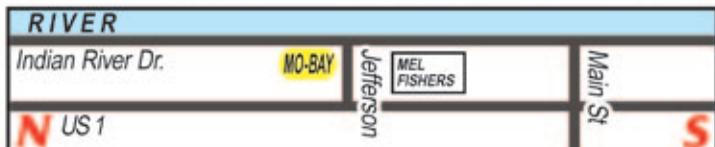
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\$100 in Professional Care Saves a \$5,000 Investment

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

If, you think professional care in the fitting of hearing aids doesn't matter, just ask Gerald Fox, our featured patient this month. Gerald was referred to us after the dispenser he got his Widex Clear hearing aids from had gone out of business.

When we first met Gerry, as he asks we now call him, he was mad as hell, and rightly so. He'd invested right at \$5,000 dollars less than eleven months ago for a set of hearing aids he was describing as having been either extruded from the rear end of either a bovine, or equine creature, or both. Unhappy, wouldn't really begin to describe how Gerry felt when he first walked in our door.

Who could blame him. Really, he'd spent a bunch of money for something that from his standpoint wasn't worth excrement. He'd been back several times and they just hadn't gotten it right until one day, they just weren't there. Gone, out of business.

I explained that since he had not purchased his aids from us originally that the reprogramming of them wasn't something covered under his warranty, but that as an authorized dispenser, I'd be happy to do so for our usual a la carte fee of \$100, inclusive of a free redo within a week if we didn't get it right.

To say that I improved Gerry's day with this bit of new information would be a complete lie. Though I assured him that he did indeed have some great equipment that I could probably make work for him in just a few minutes, he wasn't buying it.

Who could blame the poor guy at this point, I couldn't. But, then I didn't sell them, and I don't work for nothing. We could see Mrs. Fox's reaction, and the



subsequent animated conversation, that followed Gerry's return to their car from our vantage in the store. Something about Mrs. Fox's facial expressions and gestures even made me comment that I thought they would be back.

Sure enough, within a week, or so they'd made an appointment and Gerry was back. Once I explained what I was going to do, and explained how I was going to go about it, things rapidly improved. We found that as sometimes happens, he'd been misfit from the start. The receiver on the instruments he had weren't even recognized by the software either in our programming module, or the instruments they were on. Not catching this one simple configuration item set up a classic garbage in, garbage out scenario. Given that the equipment did not match the programs, all of the assumed and viewed values on the screen from that point forward were flawed.

No wonder Mr. Fox was unhappy, as it was set up, no one could adjust these to work right until the configuration of the equipment actually matched the program requirements. Up until then everything being viewed would be a

false representation of what was actually going on in his fitting. Everything.

Once we got the right gear matched to the programs, and the right receiver setup, it was such smooth sailing, and the results so great that Gerry was happy to let us tell his story, and how a hundred dollars of qualified professional care made all the difference in his fitting, investment and satisfaction.

If you, or a loved one are thinking of getting your hearing aids from the Internet, warehouse operation, or even from an insurance giant and think that professional fitting and care don't matter, think of Gerry.

So, if you've been orphaned with a set of lemons like Gerry, we'd love to hear from you. We welcome walk in visitors 9:30 till Noon, weekdays, and afternoons and after hours by appointment. We offer generous trades, free trials and demonstrations and most importantly, qualified, professional care. We call it being "Patient Centered and Results Oriented".

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Dear Brevard Community,

Thank you for coming out in large numbers to support the new Friday by The Bay event in Palm Bay. I would like to thank our early corporate sponsors who have come on board to make this event possible, Digitalink, Spotlight Magazine, Florida Institute of Technology, One Insurance Group, Inc, PIP Printing, Club 52, Clear Channel, 98.5 The Beach, Magnolia Brands, El Chico's, Einstein Bagels and we are proud to announce our newest Key sponsor HealthFirst. All these companies have given either financial support or their goods and services to make this great community event possible. Also, a big congratulations to the Palm Bay Chamber of Commerce for spearheading the coordination of the event with the City of Palm Bay and the Bayfront Redevelopment Committee.

Come out August 7th when we will have our back to school theme. Bring the kids and enjoy meeting the Princesses and enjoy great live music and variety of food from Brevard county food vendors and beyond. For any company interested in becoming a corporate sponsor or vendor and reaching thousands of potential customers on a consistent basis please do not hesitate to give me a call at (321) 474-4825.

Sincerely,
Chris Robinson, MBA
First Friday By the Bay, Chairperson
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Cancer Continues to Affect Everyone

—There are alternatives—

If you ask, most people will say they know someone battling cancer. As I have stated in previous articles, new statistics have cancer as our #1 killer. Cancer rates continue to rise, with the disease now affecting nearly one in two men and more than one in three women.

My Winning Against Cancer Program (see www.holistichealthcenter.us for details) is on the front lines fighting this dreaded disease. Following are my top 5 cancer prevention and cancer fighting herbs that are backed by worldwide clinical studies.

1. Garlic: It has antibacterial properties, which prevents cell proliferation, induce DNA repair,

inhibits the action of cancer causing substances and ultimately results in cancer cell death. It contains several bioactive compounds and has helped colon, esophageal and stomach cancers.



2. Echinacea: This herb can enhance the functioning of the immune system and increase the levels of certain immune white cells in the body. It prevents the abnormal growth of the damaged cells, formation of tumors and lesions. Research has shown helpfulness with brain tumors.

3. Curcumin (Turmeric): Research shows that it can both shrink cancer tumors and inhibit blood supply growth to tumors, has significant anti-microbial and anti-inflammatory activity, is a powerful antioxidant with liver

protective benefits and has helped breast and lung cancers.

4. Pau d'arco: This herb is a proven cancer killer especially childhood leukemia. It is a standard successful treatment for all kinds of cancer and infections throughout South America. It strengthens the immune system. It heals, harmonizes and balances all the cells and organs in the body and has helped blood and lymph cancers.

5. Cat's claw: This herb is a powerful stimulant of the immune system as it enhances the cancer fighting white blood cells. Research indicates it can reduce tumor size, particularly with skin cancers plus it also helps reduce the side-effects of chemo and radiotherapy.

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WHAT'S YOUR ANGEL IQ?

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When people think about angels, they usually picture women (and sometimes men) with wings and halos. Sometimes they picture adorable chubby babies with wings, such as in Nicolas Poussin's French Baroque Adoration of the Shepherds.

Surprise! Not only do angels not look like this, but there are different types of angels!

Messenger Angels –Malachim

The English word "angel" comes from the Greek *angelos*, which means 'messenger'. In the Old Testament, with two exceptions, the Hebrew word for "angel" is *malach*, also meaning 'messenger'. The prophet Malachi took his name from this word. He was himself a messenger, and he prophesied about the coming of "the messenger of the covenant", Jesus Christ (Malachi 3:1).

An example of messenger angels are the two angels who accompanied the pre-incarnate Christ when He visited Abraham in Genesis 18. These are the same angels that spoken of in Hebrews 13:2: "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it." These angels take a form indistinguishable from human beings.

Angels Magnifying the Power and Holiness of God –Cherubim

These are the angels usually depicted as babies in artwork, but this couldn't be further from the truth. In fact, cherubs are pretty frightening, so it is no wonder that created the human-appearing messenger angel class.

Cherubs are the angels who guarded the gate to the Garden of Eden after Adam and Eve were cast out. They are described in Ezekiel chapters as having four faces—that of a man, a lion, an ox, and an eagle, and each have four wings. In their appearance, the cherubim "had the likeness of a man". These cherubim used two of their wings for flying and the other two for covering their bodies. Under their wings the cherubim appeared to have the form, or likeness, of a man's hand.

Satan is referred to as a "guardian cherub" in Ezekiel 28:16.

Angels as Agents of Purification and God's Majesty –Seraphim

These are the angels who placed a hot coal against the prophet Isaiah's lips to take his guilt away and atone for his sin in Isaiah 6:7. The same chapter of Isaiah tells us that seraphim have six wings "...With two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling to one another: 'Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.' At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke." (Isaiah 6:2-4). Seraphs are angels who worship God continually.

Why Did God Create Angels?

Hebrews 1:14 tells us that one of the duties of angels is to be "ministering spirits sent to serve those who will inherit salvation". We see in Revelation 5:11-14 that another function of angels is to worship God around His throne.

Most Importantly

Grace and peace to you from him who is, and who was, and who is to come, and from the seven spirits before his throne, and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth.

To him who loves us and has freed us from our sins by his blood, and has made us to be a kingdom and priests to serve his God and Father—to him be glory and power for ever and ever! Amen. (Revelation 1:4-6).

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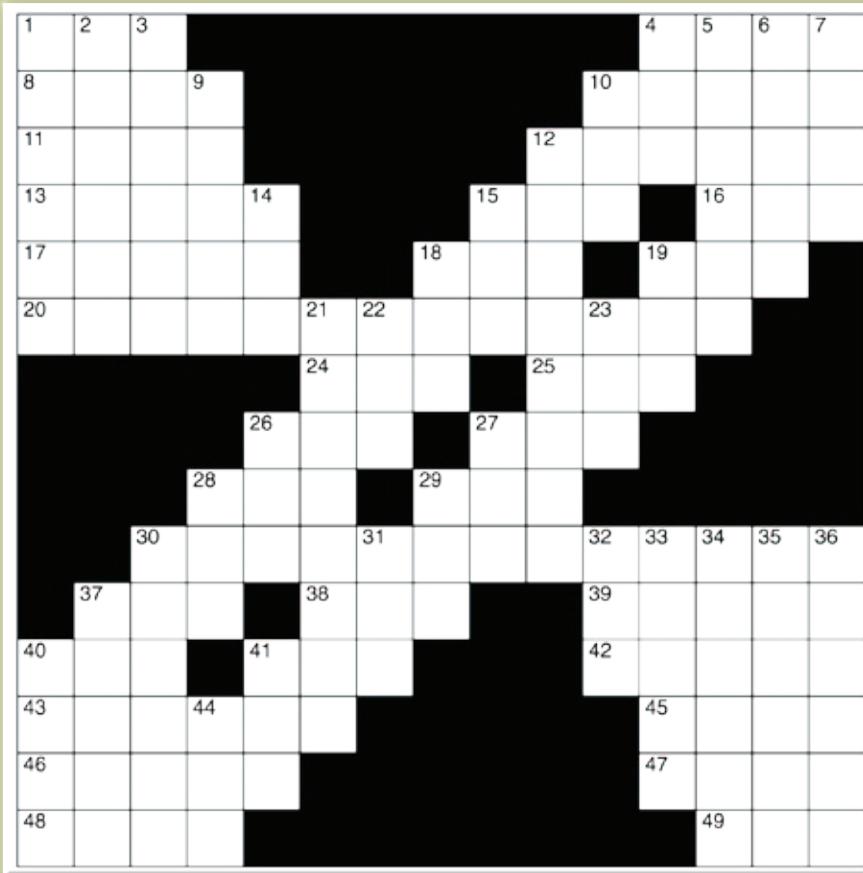
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Spotlight Crossword Puzzle



clues ACROSS

1. Munich jazz label
4. A lump of clay
8. Showy ornament
10. __ Girl, brand of beer
11. Aka Kissavos
12. Warmest season of the year
13. 2nd longest Bulgarian river
15. Records the brain's electric currents
16. Cutting part of a drill
17. Colorful Italian city
18. The last part
19. Pouch
20. "Mad Men" creator
24. No (Scottish)
25. Actress Farrow
26. Focus cars (Co. initials)
27. Snakelike fish
28. One point E of due S
29. Grey sea eagle
30. Female "Mad Men" star
37. Actress Lupino
38. Time units (abbr.)
39. Moses' elder brother
40. 4th Caliph of Islam
41. Treaty of Rome creation
42. Theatrical play
43. Told on
45. "To tie" in Spanish
46. Amidst
47. Exchange for money
48. Bar game missile
49. Pluto or ____ Pater

clues DOWN

1. Selfishness
2. Cinnamon source
3. Revolutionary firearm
4. Br. university town river
5. Lower back region
6. Relating to oil
7. Soil
9. Cause to lose courage
10. Pushed in nose dog
12. Dregs
14. Part of a cheer
15. Point midway between NE and E
18. Female sheep
19. Main
21. In a way, tangled
22. WWII female grunts
23. Nothing
26. Hoover's organization
27. Before
28. Patti Hearst's captors
29. One point S of due E
30. Film splicer & viewer
31. Something curved in shape
32. Possessed
33. Patagonian hares
34. Gave a formal speech
35. Resident of Mogadishu
36. Tangles
37. Annona diversifolia
40. Mures river city
41. Same as 15 across
44. Explosive



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.

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HEALTH FIRST VIERA HOSPITAL

Again Earns 5-Star Medicare Rating for Patient Experience



Cape Canaveral Hospital and Palm Bay Hospital Achieve 4-Star Ratings

Health First's Viera Hospital again earned the highest rating of 5 stars for patient experience from the federal government. Viera Hospital was one of only 13 in Florida and among 466 U.S. hospitals to earn the elite ratings, which were released by the Centers for Medicare & Medicaid Services (CMS) for only the second time.



Stuart Mitchell, Health First's Executive Vice President and Chief Operations Officer

Health First's Cape Canaveral Hospital again earned 4 stars, and Health First's Palm Bay Hospital improved to 4 stars from 3 stars. Health First's Holmes Regional Medical Center earned 3 stars.

"We would like to thank the Brevard community for giving us the opportunity to serve their healthcare needs and for their continued support as we pursue our mission to deliver the highest quality care," said Stuart Mitchell, Health First's Executive Vice President and Chief Operations Officer. "We are very proud of our associates, volunteers, physicians and leaders for the work they do every day to improve the health and wellness of the Space Coast."

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.

This is only the second time CMS has evaluated more than 3,500 hospitals using the 1- to 5-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?

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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
Vicki Knox of Cocoa

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.

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